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CALGARY HEROES

FINDING LOST CULTURE

metroNEWS

Camille "Pablo" Russell uses traditional indigenous healing techniques to help people re-connect with their culture and spirit. JEREMY SIMES/FOR METRO

Rainbow crosswalk nixed

DOWNTOWN

Cost too green for Pride's organizers

Helen Pike
Metro | Calgary

The colourful, painted and short-lived crosswalk downtown might not grace this year's Pride as the 26th celebration of diversity enters rocky economic times.

Last year the $8,000 project was funded in part by donors, Calgary Pride and Ward 4 Coun. Sean Chu. The crosswalk stayed in place from Aug. 25 until the second week of September.

But this year a rainbow walk might not be on the books.

"We're ensuring the parade and festival go off as planned. Unfortunately we don't have the finances this year to install such a crosswalk," said Craig Sklenar, the director of government relations.

He said they are concentrating on making it through the tough economic times and hoping to find a permanent place for some "monument" to LGBTQ Calgarians.

Last year, as Coun. Brian Pincott and other councillors in city hall voted on the crosswalk, he included an amendment that made subsequent projects, like the crosswalk, not dependant on private funding — meaning the city could foot the bill.

"If Calgary Pride wants it, if they liked it last year and felt it made a difference, then yes we should have it," said Pincott.

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metro NEWS

Your essential daily news

Hot air balloon safety measures need work, federal agency says. **Canada**

6 MENTAL HEALTH PRIORITIES: WHERE ARE THEY NOW?

Jeremy Simes
For Metro | Calgary

Alberta Health has completed half its key priority recommendations within six months of launching its Valuing Mental Health report in February. At the time, Alberta Health outlined six key priorities it chose to tackle immediately while accepting 32 other recommendations. Metro followed up with the government to see where the priorities are at, and it turns out it's halfway there.

Danielle Larivee, minister of municipal affairs
COURTESY GOVERNMENT OF ALBERTA

1 Priority one

Establish a leadership team to work with community and health partners to develop an action plan to implement the report.
This recommendation has been established. The government has created an implementation team that includes leadership from Alberta Health, Alberta Health Services, 10 government ministries, law enforcement, municipal representatives and members from First Nations and Métis organizations. This priority is an ongoing matter.

2 Priority two

Increase technology-based solutions by launching a child and youth mental-health website in spring 2016.
The government has completed this recommendation by launching help4me.ca, though work is underway to expand the information available on the website. On help4me.ca, you'll find self-care resources, health care centres available for help, and information about mood, anxiety and stress, among others.

3 Priority three

Expand access to addiction treatment by opening three new social detoxification beds for children and youth in Calgary.
Alberta Health can check this one off its list as three new social detoxification beds have recently opened at Hull Services in Calgary. That's a 50 per cent increase in the number of spaces under the Protection of Children Abusing Drugs Act in the city.

CONTRIBUTED

4 Priority four

Add medical detox beds for adults, including 6–8 new beds in Lethbridge and converting 20 beds in Red Deer from social to medical detox.
Alberta Health is getting close on this one. The 20 beds in Red Deer are slated to open in early 2017, according to the government, as preparations have been well underway. As for Lethbridge, the city and Alberta Health Services have narrowed their site choice to three potential locations after studying 13 possible spots.

5 Priority five

Work in partnership with First Nations, Métis and Inuit communities to develop an opiate addiction action plan.
This one is in the works, but much has been done in terms of addictions treatment centres. In the spring, the government announced a $3-million grant to Alberta Health Services so more opioid replacement treatment clinics can be opened across the province. One of them is now operating in Cardston to serve the high needs in the area, including the Kainai First Nation. The government is also looking at how to best support the implementation of the Prescription Drug Abuse Plan (Spirit of Healing) that has been developed by First Nations groups.

6 Priority six

Implement a performance monitoring and evaluation framework to track results on report recommendations and benefits to Albertans.
This recommendation hasn't seen too much action behind it. The government says stakeholders continue to deliberate on this but anticipates something to come through by the end of this year. That being said, no official timeline has been committed for this initiative.

CONTRIBUTED

CALGARY HEROES Ordinary people doing extraordinary things

The Medicine Wheel

The Medicine Wheel is a simple diagram that emulates life's phases. Each step is essential to a person's growth and the formulation of their identity.

JEREMY SIMES FOR METRO

1 Ages 0-4

Mother's love to properly develop the child's brain.

2 Ages 4-8

Grandparents are involved to teach roots and language to give cultural foundation.

3 Ages 8-14

Dad helps kids transition to adulthood. Teens are given a vision quest to determine their careers.

4 Ages 14+

A mentor is established and person reflects on past stages.

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Camille "Pablo" Russell helps Calgary's indigenous peoples heal at the Elbow River Healing Lodge at the Sheldon Chumir Health Centre. JEREMY SIMES/FOR METRO

Elder lights a path of healing

VOLUNTEERING

Camille Russell uses traditional methods to ease past trauma

Jeremy Simes
For Metro | Calgary

At 19, Camille "Pablo" Russell dumped his last pint of whiskey in the sink when he decided to partake in his first Sun Dance.

At the time he was chatting with his cousins, who told him they were getting prepared for the ceremony.

"I said, 'Can I go?'" Russell recalled. "They said, 'Well you can't be drinking,' so I spilled it.

"And when I went, it changed me."

That Sun Dance eventually led to Russell become a traditional wellness councillor with Alberta Health Services, helping indigenous people heal by re-connecting them with their traditions and culture.

"It's not just one nation. We have many nations that come," he said, displaying various herbs that work best for healing specific groups.

"Men are more emotional, so I have to use different herbs on where they're from and what their situation is. Women are more generic. I can use sage for all of them and it seems to work fine."

Russell, the first traditional healer hired by a government in Canada, said he learned healing methods from three grandmothers, and one Sun Dance chief who specialized in herbology. He also spent 13 years learning psychology, pharmacology and Medicine Wheel teaching.

In light of the federal government launching its inquiry into missing and murdered indigenous women and girls, advocates have highlighted a plethora of systemic issues that face the city's indigenous peoples.

Russell noted many of his patients come from families traumatized by the residential school-system, causing some to cope with drugs or alcohol.

He said regaining one's identity is key to help indigenous people heal, as many were never taught their histories.

"It gives them a sense of stability, inspiration and pride," he said. "I motivate them to be self-reliant — take ownership and not blame others.

"Through the boarding school and inter-generation traumas, it tends to create a person who expects people to do things for them. And traditionally, we tend to do things for ourselves. So I tell them, 'You are responsible for your words, actions and thoughts.'"

Healing, he said, stems from the Medicine Wheel, a simple diagram that emulates life's phases,and if any of those pieces are missing, then a person grows up unstable, passing their instability down to their children, Russell said.

"What do you do then?" he asked. "The natural thing is to re-implement these things. If you give those to an individual, his body will re-program himself and his behaviour.

"And if you don't have that person, you adopt an individual to help you embrace this loving, healing environment."

Three of his patients who were in jail last year, for example, have completed their first Sun Dances, a feat that makes Russell proud.

"That's because they have their identity now," he said, "and they're doing really well at school and in their jobs."

His last bit of advice? Give thanks to everything good and bad when you wake up.

"If he doesn't, the only time he'll appreciate the five senses is when one is missing," he said. "What you need to do is incorporate the spiritual and physical in combination. It'll make the mind and the heart shake hands."

If you want to get involved in Russell's teachings, give the Elbow Healing River Lodge a call at 403-955-6600. Smudge sessions are also available at the Peter Lougheed Centre.

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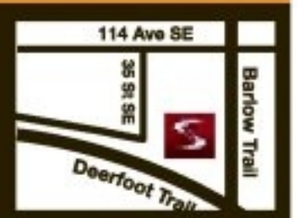

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Fighting for police games

SPORTS

Gold medalist hopes to bring event to city

Aaron Chatha
Metro | Calgary

It was just before the final match of the 2009 World Police & Fire Games that taekwondo competitor, and now former officer with the sheriff's office, Sunny Singh found out his father had just passed away.

"It was a shock for me. I was totally wiped out, tears were falling down, I couldn't stand up," Singh recalled.

His coach asked him if he wanted to withdraw. Singh declined.

"I'm kneeling on the floor and I hear these words, 'Son, just get up and fight.' That's all I heard. I went into the ring," Singh said. "I actually knocked the final athlete out and I won a gold medal."

Singh went on to win a total of three gold medals at the annual event over the next few years and was disheartened to learn the scheduled 2017 games in Montreal had been cancelled.

Sunny Singh has been practicing taekwondo for 22 years. AARON CHATHA/METRO

The World Police & Fire Games bring together police and fire officers from all around the world to compete in physical sport, every two years. The 2017 games were expected to bring in up to 10,000 athletes but were cancelled earlier this year following ongoing labour disputes between Montreal fire and police unions and the city.

The unions announced they would boycott the event, and later the Canadian Police Association announced it would be withdrawing from the event altogether. Other unions from around the world also announced they would boycott the games in solidarity.

> **This is the only event for law enforcement to get together and share experiences.**
> Sunny Singh

Singh, who is no longer a police official but is still allowed to compete due to his previous service record, hopes that by bringing the games to Calgary, they can keep the annual event from being cancelled and avoid getting in the middle of the dispute in Montreal.

He said it's an important, relationship-building event.

"They're on the street 24/7. They help keep the community safe," he said. "This is the only event for law enforcement to get together and share experiences."

Singh has developed a petition on change.org, which is also available through reeldiverse.com.

BRIDGELAND

Police say death is suspicious

Calgary police are investigating what it believes is a suspicious death in the northeast community of Bridgeland.

Just after midnight on Sunday, police officers were called to check on the welfare of a person in the 300 block of 1 Avenue SE, and found the person dead upon arrival, according to a Calgary Police Service news release.

Police said an autopsy has not yet been scheduled and no further details are being released at this time. Anyone with information is asked to call police at 403-266-1234 or Crime Stoppers. METRO

IN BRIEF

Calgary climber falls to his death near Canmore

A 42-year-old Calgary man is dead after he fell about 22 metres at Heart Creek Canyon during a climb near Canmore on Friday, according to an RCMP news release. METRO

Some of the great dancing at the 2016 Expo Latino at Prince's Island Park. MATHEW SILVER/FOR METRO

Latin lovers flood expo

CULTURE

Fans were salsa dancing in the rain, ignored tornado alert

Mathew Silver
For Metro | Calgary

Not even torrential downpours and a tornado warning could put a damper on the 2016 Expo Latino, which took place at Prince's Island Park over the weekend.

Carmen Galvez, the festival's Artistic Director, said that over 25,000 people walked through the gates over the weekend, which is a testament to how much the festival has grown over the years.

What started as a small one-day event at Eau Claire Market, has evolved into one of Canada's largest celebrations of Latin culture. This past weekend marked the 20th anniversary of the event and featured some of the most renowned Hispanic artists in the world.

The performance by popular Colombian salsa group Grupo Niche was so good that festival-goers stuck around through a tornado warning just to see their entire set. Galvez said that fans were dancing around with giant Corona umbrellas to shield themselves from the rain.

"There were people from four different provinces and they just would not leave," she said with a smile.

Festival officials decided to shut down the event early on Saturday for the safety of the spectators, and Mauricio Roa, the festival's emcee, couldn't believe the fans braved the inclement weather.

"Unbelievable. I think the rains gods were very mean last night. I have nothing but compliments for the entire city of Calgary," said Roa.

On Sunday, the event culminated with the performance of Jose Luis Rodriguez, a 73-year-old Venezuelan singer and actor better known as "El Puma."

Rodriguez has been described as "the Latin Neil Diamond."

Two-time Juno Award winner Oscar Lopez, an accomplished musician in his own right, likened El Puma to another famous musician.

"I would call him Elvis," said Lopez, who was excited for the opportunity to play alongside the former soap opera star. Galvez expected more than 15,000 people would come to see the pair perform on the final night of the festival.

> "I think the rains gods were very mean.... I have nothing but compliments for the entire city of Calgary. Mauricio Roa, emcee

URBAN PLANNING

Don't develop on old golf course: Residents

Brodie Thomas
Metro | Calgary

A proposal from Cedarglen Homes to redevelop the former Harvest Hills Golf Course is going before the Calgary planning commission Thursday. It would see an additional 716 units built on 64.88 acres of land in Calgary's northeast.

That has residents in the surrounding area concerned, said Rick Lundy, president of the Northern Hills Community Association. He said the area's schools and recreation facilities are already stretched thin.

"Our students are bussed up to three hours a day," he said. "We're a huge area — and the infrastructure in this area is lacking — especially a public high school."

Lundy said the Vivo recreation facility is also incredibly busy at times.

He added that the area is under-served by Calgary Transit, and many areas are not within the Transit Oriented Development walk zone.

The loss of green space may be residents' biggest concern. The developer is proposing to build two tennis courts for public use.

City administration's report to the Calgary Planning commission notes that the developer declined to act on many recommendations from the city, including adding a neighbourhood activity centre and not planning to retain more mature trees.

Ward 3 Coun. Jim Stevenson said it's not unusual for developers and the city to negotiate services and amenities.

"It's a tough one because the neighbours would like to see it kept as a golf course or a green space — and yet it's private property so the private owner has the right to make an application for a land use change," he said.

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Emily Baadsvik created the company out of her love of kombucha, which she drank regularly during her athletic career.
AARON CHATHA/METRO

Ex-Olympian turns tea entrepreneur

RIO2016

Emily Baadsvik creates start-up to feed health drink passion

Aaron Chatha
Metro | Calgary

When Emily Baadsvik quenched her thirst for Olympic bobsledding and retired from the sport, she turned her talents towards quenching the thirst of Canadians — through small batch brewed kombucha tea.

Baadsvik swore by the kombucha when we was competing, and last year she began brewing it herself and selling it at local farmers markets.

A few months later, she met her eventual business partner.

"We hit it off, it was like a match made in heaven," Baadsvik said. "We got married, did the whole incorporation and next thing you know we're in like 40 stores and we have an employee."

Wild Sparkling Kombucha Tea now comes in four flavours: strawberry daiquiri, pineapple mojito, hard lime and wild ginger, along with a special seasonal flavour every month.

For the uninitiated, the kombucha is part of the fermented foods family, and is a relatively young industry in Calgary.

"It basically helps with digestion," explained Baadsvik. "For some people it helps decrease sugar cravings, for other people it's just something nice to mix with their smoothies, which is where I started to use it."

If you're feeling particularly sassy, Baadsvik said it's fine to mix with some booze for a low calorie nightcap.

> **For some people it helps decrease sugar cravings.**
> Emily Baadsvik

Where Wild Sparkling Kombucha Tea stands out is as an introductory kombucha, because of its focus on flavours. They use fresh pressed juice and don't force carbonate their drinks.

She said she usually has her cup of kombucha in the morning, but it can be mixed with a protein shake post-workout as well. Her advice is to start with a quarter cup, with water, to help flush out the toxins in your system. You can also make vinaigrettes, Popsicles and even marinate your meat in it.

For more information, visit wildsparklingtea.com.

LOCAL HEROES

Students cheer on Olympic classroom champions

Over the next few days, Canadian children will be standing loud and proud in front of their television screens, cheering on their favourite athletes.

And those accolades are well deserved, as those athletes spent the last few months cheering on Canadian students.

Canadian cyclist Monique Sullivan visited several schools as part of the Classroom Calgary cyclist program, which pairs schools with local athletes to help them become role models. But it doesn't stop at just a class visit — Sullivan and her fellow Olympians continued to check in through live video chats and social media, helping 2,000 students across 56 low-income schools.

The athletes would give them challenges throughout the year, to accomplish goals and assignments. The athletes completed the assignments too.

"This experience has been really special for me," said Sullivan. "For one thing, it has really held me accountable to my training and my goals, because if I'm telling 150 students to be brave, diligent and kind, then I better be too!"

Colette Simpson, Grade 3 teacher at Harry Balfour School in Grand Prairie, AB, said having Sullivan speak to the class had a profound effect on her kids.

One particular girl in the class was very quiet, barely said a word in class.

"Eventually, Monique came to see the kids in the school and she noticed this little girl and spoke to her on an individual, quiet basis," recalled Simpson. "She said to her anxiety was very common and Monique herself had experienced anxiety as a child. She gave this little girl a few tips on how to overcome it.

"She took the time and energy to do that, and I just found from that point in time the little girl tried so much harder. By the end of the year, she was speaking in class."

Sullivan said it's been a wonderful experience, especially given that she's thinking of becoming a teacher after her athletic career is finished.

The students were given blue T-shirts for Sullivan's visit, and Simpson said all her students are planning on wearing the shirts in support of Sullivan's competition on Aug. 11.

AARON CHATHA/METRO

After getting laid off in Alberta, **James Fisher** found a job in Vancouver, but doesn't yet have a place to live. JEN ST. DENIS/METRO

Out-of-work Albertans flood Vancouver shelters

ECONOMY

Finding work may be easier, but housing another story

Jen St. Denis and Alex Boyd
Metro | Vancouver/ Edmonton

After he was laid off from his job in the Alberta oil sands James Fisher, 44, headed west — only to find himself living in a shelter in Vancouver trying to scrape together enough for an apartment.

"It has been hard," said Fisher, who has been living at the Union Gospel Mission shelter in downtown Vancouver for the last month, while working at a warehouse.

"I came here, I was sure that I had housing, me and a friend, then he backed out due to finances. That left me hanging, and when you're new to a city you don't have the contacts, you don't know the city layout."

Organizations in Vancouver's Downtown Eastside say they are seeing an increase of people with similar stories. Jeremy Hunka, a spokesman for Union Gospel Mission, said the shelter has seen a 50 per cent spike in out-of-province arrivals compared to last year, and most people are from Alberta.

Statistics Canada reported Friday that Alberta's unemployment rate increased to 8.6 per cent in July — the highest it's been in 22 years. In response, people are increasingly travelling for work; in the first quarter of the year, almost 1,800 more people left Alberta than arrived.

> **When you're new to a city you don't have the contacts.**
> James Fisher

The same Statistics Canada numbers show B.C. gained 12,000 jobs.

For many in Alberta, greener pastures means British Columbia, according to Todd Hirsch, ATB's chief economist.

"B.C., especially the lower mainland around Vancouver, continues to outperform economically and that's acting as a draw to some of those job seekers in Alberta that have grown discouraged with the situation here," he said.

Still, Hirsch cautions that while getting a job may be easier, finding a place to live is a different story, as Fisher has discovered.

"We'll continue to see some of that out migration into B.C. in 2016 and even into 2017, but probably not the stampede into B.C. that it would be if living costs were lower."

The good news is that the Albertans that do go are finding work in the Lower Mainland's booming construction industry, usually a few weeks after finding themselves in the shelter, Hunka said. They're often skilled tradespeople who are used to working hard and are "not entrenched in the street."

STATISTICS CANADA

Province's jobless rate hits near 22-year high

Alberta's monthly unemployment rate climbed to its highest level in nearly 22 years in July, marking the first time the province has had a worse jobless rate than Nova Scotia, Statistics Canada said Friday.

The federal agency reported that Alberta's rate rose to 8.6 per cent last month — the highest since September 1994 — from 7.9 per cent in June.

That's above the 8.4 per cent July unemployment rate in Nova Scotia, the first time Alberta has had a higher rate since Statistics Canada started collecting the data in 1976.

"Obviously, Nova Scotia's unemployment rate has improved in recent years," said BMO chief economist Doug Porter. "This isn't entirely a bad news story, but it's largely a bad news story because of the upswing in Alberta."

The unemployment picture in Alberta may even be worse than known, he added. Due to the ongoing fallout from the Fort McMurray wildfires in May that led to the evacuation of 90,000 residents, Statistics Canada said it was unable to conduct its labour force survey there in May, June and July, and had to estimate values based on nearby regions.

"The jobless numbers really speak to the prolonged drop in the global price of oil and the serious consequences that that is having for Alberta's economy and Alberta's families," said provincial Labour Minister Christina Gray in an interview.

In Calgary, the unemployment rate of 8.6 per cent was the worst among 33 Canadian metropolitan areas surveyed. Edmonton's unemployment rate of 7.7 per cent was the sixth highest.

Alberta has lost 49,000 jobs compared to July 2015.

THE CANADIAN PRESS

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POLICE WARNING

Sexual offender's release prompts alert

James Alexander Parent
COURTESY CALGARY POLICE SERVICE

Calgary Police Service is warning the public about the statutory release of an inmate with a history of violent sexual offences.

James Alexander Parent, 58, is living in Calgary following his statutory release from Bowden Institution where he was serving a six-year sentence for sexual assault with a weapon, sexual assault causing bodily harm, disguise with intent, unlawful confinement, break and enter, uttering threats and mischief.

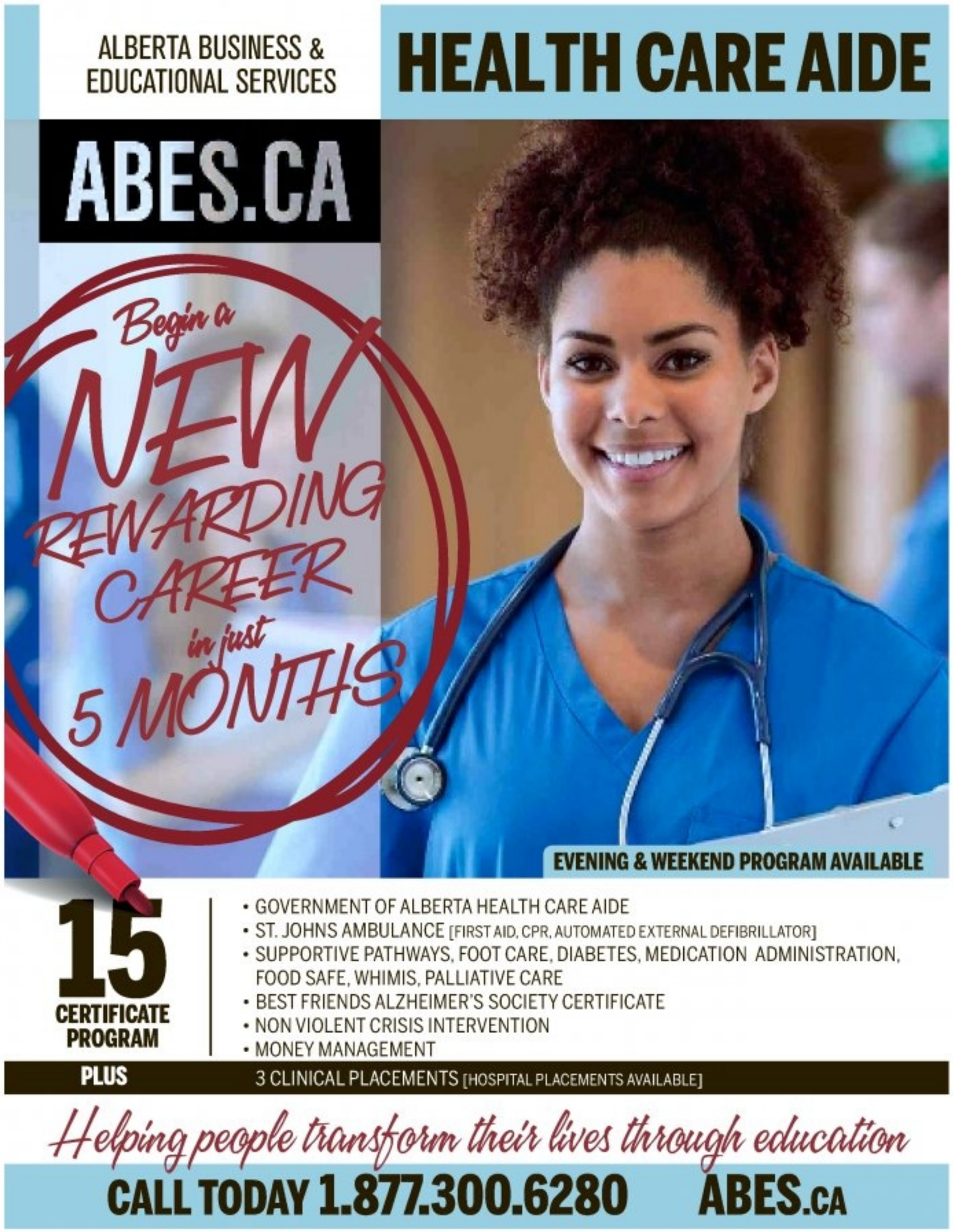
Parent's past criminal convictions include a violent sexual assault in 1987 where a woman was attacked in her Calgary home. He also has convictions relating to sexual offences against a child.

Parent is Caucasian, six-foot-three, and 200 pounds. He has grey and black hair and hazel eyes.

The Calgary Police Service is issuing this information and warning after careful deliberation and consideration of all related issues, including privacy concerns, in the belief that it is clearly in the public interest to inform the members of the community of the release of Parent.

Police are releasing the information so residents can take suitable precautions, but they are also warning people not to take any sort of vigilante action.

METRO



Despite losing in the 2016 PDL Championship on Saturday night, Calgary Foothills Football Club proved that they are more than just a Cinderella story. CONTRIBUTED

Soccer team gets a hero's welcome

SPORTS

Foothills FC narrowly misses winning PDL Championship

Mathew Silver
For Metro | Calgary

Calgary Foothills FC arrived to a hero's welcome at Calgary International Airport on Sunday night.

The squad was greeted with a White Hat Ceremony upon arriving home from Pontiac, MI, where they clashed with the hometown Michigan Bucks to compete for the top amateur soccer prize in North America — the PDL Championship.

Despite losing in the final on Saturday night, the team had plenty to celebrate. Not only was 2016 the club's second year in existence, they were also given just a four per cent chance of winning their division in a pre-season poll. Who could have predicted that the team would eventually come within one goal of winning the championship out of a 67-team field?

The championship game came down to a penalty kick in the 88th minute.

With the game tied 2-2 FC's Jonathan Wheeldon was carded for pulling down one of the Bucks inside the restricted area, setting up a penalty kick.

Russell Cicerone, who was named the PDL Championship MVP, buried the ball into the bottom-left corner on the ensuing free kick to give the Bucks a 3-2 advantage and the eventual win.

The match wasn't without controversy, as many felt that the deciding penalty kick shouldn't have been awarded to the Bucks in the first place, especially when a similar infraction wasn't whistled in favour of Foothills in the first half.

But FC head coach Tommy Wheeldon Jr. kept things in perspective.

"That's the beauty of football over any other sport. The referee has to make a judgment call in the heat of the moment," said Wheeldon Jr.

Foothills FC ends the year with a 12-4-3 record, but more importantly, having raised the profile of soccer in the city. They even received praise from high-profile Calgarians like Mayor Naheed Nenshi, Theoren Fleury, and Brett Wilson along the way.

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RENODEPOT.COM

A human-like figure made of tape hangs from a safety fence on High Level Bridge in Edmonton on Sunday. THE CANADIAN PRESS

Figures made from tape appear on bridge in city

HIGH LEVEL BRIDGE

Speculation ranges from an art project to protest

Some life-sized human figures made out of clear plastic tape and attached to suicide prevention barriers on an Edmonton bridge puzzled pedestrians, as well as authorities, after they mysteriously appeared on Sunday morning.

Was it an art project? Were they meant to draw attention to the number of people who've killed themselves by jumping off the High Level Bridge?

Or was it a protest against the design of the new barriers, which have narrowed the walkways on either side of the bridge and increased the number of bicycle collisions?

"I thought it must be a suicide prevention ad or effort," said Paul Macdonald, who passed one of the figures while cycling.

"It struck me. Hopefully people will think about it and it will help prevent suicides."

Joshua Turnbull, meanwhile, speculated the figures might have been meant to point out that it's possible to climb over the barriers.

> **I thought it must be a suicide prevention ad.**
> Paul Macdonald

"To me, it looks like he's trying to climb," Turnbull said, standing beside one of the figures.

Reports from earlier Sunday on Twitter said there were several of the figures on the bridge. But early afternoon, there were only two left.

At around 12:30 p.m., a lone municipal worker in an orange vest walked up to the last one, pulled it down and carried the crumpled bundle to a City of Edmonton pickup truck and drove off.

"We considered it vandalism so we went out and cleaned them up," explained Janice Schroeder, a city spokeswoman.

Schroeder said she'd heard there were as many as five of the figures, but that the city only found two. She said they weren't part of the city's public art program, and she had no idea who put them up.

"We consider it the same as anything left on the sidewalk of the bridge," she said.

"We clean it up."

THE CANADIAN PRESS

QUEBEC

Advisory panel not urging pit bull ban

For all the talk about banning pit bulls in Quebec, an advisory panel convened to look into the fate of those dogs doesn't appear to be biting on a controversial call to prohibit the dogs.

There's no mention of banning the breed from a government-appointed advisory panel to look into the matter, according to recommendations in a draft document obtained by The Canadian Press.

That goes against what Premier Philippe Couillard and several senior Liberal government ministers have publicly been saying since June — that a province-wide ban on pit bulls in Quebec along the lines of one in Ontario may be the way to go.

If Couillard's government elects to abide by the recommendations in the draft document, marked "confidential" and dated July 29, there's no mention in them of a ban like Ontario, where pit bulls have been banned since 2005.

Instead of targeting certain types, the panel suggests a case-by-case approach and "pit bull" and "dog breed" aren't mentioned in the recommendations.

The group is recommending a law that would set conditions to owning dangerous or potentially dangerous dogs and would include an awareness campaign aimed at preventing dog bites and educating the owners of such dogs.

The panel has until Aug. 31 to submit its report and recommendations to Public Security Minister Martin Coiteux, who has promised to move swiftly on the matter.

THE CANADIAN PRESS

ELSEWHERE

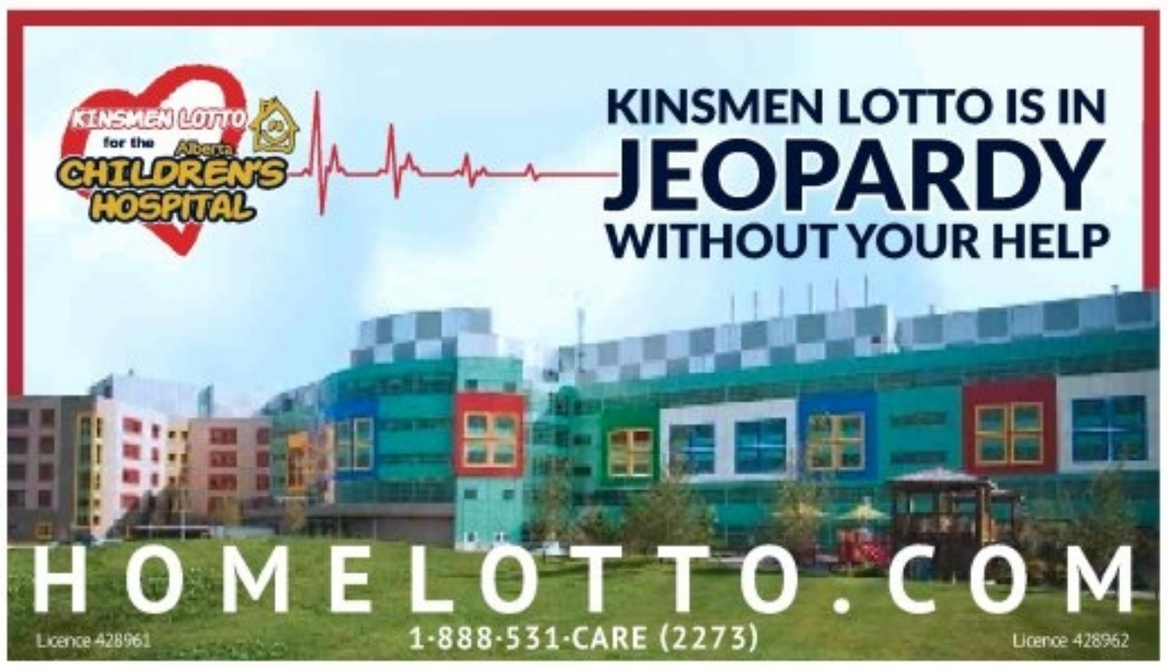
- In the 11 years since Ontario banned the breed, the province doesn't know whether the number of dog bites has been reduced because that data isn't collected at the provincial level.
- Several Quebec municipalities including Montreal, Quebec City and Brossard have announced bans.
- Some other Canadian cities, including Winnipeg, have banned the breed.
- The Quebec panel is suggesting the province give municipalities the right to adopt more stringent rules than provincial law should they wish to do so.

IN BRIEF

Families launch suits over female prisoner deaths

Two Newfoundland families have launched negligence suits against the federal correctional service over the separate deaths of two women at the Nova Institution for Women in Truro, N.S. Veronica Park and Camille Strickland-Murphy died months apart in 2015. The agency says it takes the death of any inmate seriously, and took "immediate action" following the deaths to investigate.

THE CANADIAN PRESS



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A memorial at the site of the recent hot air balloon crash in Texas.
EDWARD A. ORNELAS/SAN ANTONIO EXPRESS-NEWS VIA THE ASSOCIATED PRESS

Board busts balloons

TRANSPORTATION

Time for crackdown on operators, says federal agency

In the wake of a hot-air balloon crash in the U.S. that killed 16 people, the federal agency that oversees transportation safety in Canada is calling for more action on safety concerns.

"Balloon operators can operate commercially, can take fare-paying passengers up for sightseeing tours and yet they're not required to undergo the same level of regulatory oversight that airplanes or helicopters would be doing the same activity," said Transportation Safety Board chair Kathy Fox.

Balloon operators must obtain a Transport Canada-issued Special Flights Operations Certificate, which Fox says can be obtained by submitting only basic information. It also never expires.

Unlike other plane or helicopter companies, they're not subject to audits or inspections and are not required to maintain operations or maintenance control manuals, Fox says.

Although individual pilots must be licensed and balloons must obtain a yearly "airworthiness certificate," Fox maintains there is not enough overall industry oversight to ensure safely.

"It's really left up to the balloon operators now, and I'm sure they're doing their best to operate safely, but the point is it's left up to them with no regulatory oversight from Transport Canada," Fox said.

The Transportation Safety Board first recommended imposing stricter regulations following a pair of 2007 accidents.

In response, Transport Canada agreed to conduct a risk assessment and formed a working group to study the issue.

The assessment was not released publicly, but the federal department stated in late 2013 that the favourable safety record of operators indicated that no further regulatory action was needed to ensure passenger safety. THE CANADIAN PRESS

AMBER ALERT

Child found dead

Hamilton police say a boy who went missing this weekend was found dead Sunday.

Police issued a brief news release that provided few other details about Finnigan Danne.

A post mortem has been scheduled but police are saying nothing else about the case.

Danne, 12, was last seen Saturday morning.

Police said they were concerned about the boy's safety because he suffered from a neuromuscular disorder and had limited mobility without a wheelchair.

Police issued an Amber Alert Sunday afternoon but cancelled it less than an hour later. Police and civilian volunteers helped search for the boy throughout the weekend. THE CANADIAN PRESS

Timeline of hot-air balloon accidents

Here's a look at some balloon-related accidents in Canada.

● July 14, 2001: The 15-year-old daughter of the organizer of the Gatineau Hot Air Balloon Festival died when a balloon piloted by her father struck an electrical wire.

Julie Boileau was killed when the balloon, shifted by a gust of wind, touched a 25,000-volt line. Her father, Jean Boileau, was injured.

● Aug. 11, 2007: Seven people were injured — three seriously — when a balloon carrying a dozen passengers crash-landed in a farmer's field north of Winnipeg.

Witnesses said the balloon bounced several times before the basket flipped upside down and caught fire.

● Aug. 24, 2007: Two passengers died in Surrey, B.C., when an uncontrolled propane-fuelled fire broke out in a hot air balloon preparing for takeoff. Other passengers jumped from the burning basket as the balloon rose to the limit of its tethering strap and broke free, eventually plummeting into a nearby mobile home park.

● July 14, 2010: Passengers on an Ottawa-area hot air balloon had a scare when the basket caught fire during an early landing due to turbulence.

The fire self-extinguished, and the balloon struck some trees before rising again, eventually landing in a residential Ottawa neighbourhood. Nobody was hurt.

● Aug. 11, 2013: A 27-year-old pilot plunged to his death after failing to let go of a cable from another pilot's balloon as he tried to help it land in St-Jean-sur-Richelieu, Que.

The pilot was taking part in the popular annual balloon festival held just south of Montreal.

SOURCE: TRANSPORTATION SAFETY BOARD OF CANADA; THE CANADIAN PRESS

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Major EI fraud cases still elusive

TECHNOLOGY

New system roots out more, but smaller, potential cases

A new computer system designed to root out possible fraud and overpayments in the federal government's employment insurance program is capturing more cases than its predecessor.

But the system hasn't been reeling in as many big fish as officials hoped.

Departmental documents show that on average, the second-generation program was finding more modest overpayments than the earlier version, despite a significant jump in the number of cases identified for review.

The findings led Employment and Social Development Canada officials to rejig the predictive model that considers some 100 variables to calculate the chance that someone has received too much money, either by accident or through fraud.

The details are outlined in documents obtained by The Canadian Press under the Access to Information Act.

Officials now hope the recalibrated system can start finding more lucrative cases of overpayment to allow the department to better focus its resources and get a bigger bang for its investigative buck in one of the country's largest social programs.

"The newest iteration of the predictive model will provide the department with an additional tool to maintain integrity and prevent payment errors," said ESDC spokeswoman Evelyne Wildgoose Labrie.

"More specifically, it increases our efficiency at allocating resources to cases representing the highest risk of overpayment."

72

If the government can't collect the money within 72 months of identifying the wrongful payment, it is generally written off.

Since 2008, the predictive computer model has accounted for about half the overpayments identified.

A January presentation from ESDC officials likened the process to finding needles in a haystack by focusing on the likeliest area where the needles will be found.

In 2014, the program received a performance upgrade, both in the number of actual case of overpayment it hit on and an increase in the size of overpayments identified.

Earlier this year, officials found that the second-generation system wasn't working as originally expected.

The average overpayment identified under the newer model was $861 between May and August 2015, a drop from the $957 average during the same period in 2014. The newer model was, however, finding more cases. THE CANADIAN PRESS

Justin Trudeau , left, photo-bombed a Tofino, B.C., wedding. MARNIERECKER/TWITTER

SOCIAL MEDIA

Shirtless PM enthralls again

Sightings of a shirtless Justin Trudeau continue to cause something of a stir across Canada and internationally this summer.

The prime minister was most recently photographed shirtless while taking a break from surfing and simultaneously photobombing a couple getting married on a Tofino, B.C., beach.

A Vancouver Island wedding photographer, Marnie Recker, tweeted the photo of Trudeau on Saturday with his surf board standing several metres away from the bride, generating plenty of retweets and fanfare online.

It wasn't clear exactly when the photo was taken, but Trudeau has been in British Columbia for the past week.

A previous sighting of Canada's shirtless prime minister gained international attention.

The BBC and Time magazine reported on a Canadian family that encountered Trudeau while hiking in Quebec's Gatineau Park last month and took a selfie with the prime minister, who was not wearing a shirt.

THE CANADIAN PRESS

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Restaurants

MINAS F5 F6

	TICKETS
2 Chicken Wings or 1 Chorizo	2 GF
Cheese Bread and Chorizo on a stick	3
3 Cheese Bread	4
Passion Fruit Mousse	4
Churrasquinho platter (Beef, Chorizo, Chicken wing, and Cheese Bread)	5
Guarana (Brazilian Pop)	4
Water	2

LA FRITANGA F7

Soft Drinks	2 GF
Chicken Crispy Taco	4 GF
Vegetarian Tostada	4 GF/V
Tostones w/ Fried Cheese	4 GF/V
Achiote Pork with corn Tortilla and Salad	5 GF
Real Fruit Mango Fresco	3 GF/V

PZA F8

The Johnny G	4
The Gia	4
The Not So Vegan	4 V
Pellegrino	3
Water	2

ONE18 EMPIRE F9 F10

Pork Belly and Cremme Polenta	2
Chilled Octopus Salad	4
One18 Goat Cheese Cake	2
House-made Ginger Ale	2

AFRICANA F11 F12

Passion Fruit - 4oz	2
Mango Shake 4 oz	3 V
Mix Soup 6 oz	3
5 piece Beef Ribs	3
Roti with Spinach and Curry	4
Chicken Tikka on a stick	5

CHINA ROSE F13 F14

Ginger Beef	5
Chow Mein in a Box	2
Chicken Balls	5
Combo	5

HERITAGE BAKERY AND DELI F15 F16

Blueberry Perogy (1) with Sweet Sauce	2 V
Heritage Potato & Cheddar Perogies (2)	4 V
Homemade Rice/Beef Cabbage Rolls (2)	5 GF
Combo (1 Cabbage Roll, 2 Perogies, 1 Sausage)	5
Pop/Juice	2

PEGASUS F17 F18

Homemade Yogurt with Honey and Walnuts	2 V
Lemon Oven Roasted Potatoes with Tzatziki	2 V
Spanakopita with Tzatziki	3 V
Keftedes (Beef) Meatball Slider with Tzatziki	4
Roast Leg of Lamb Slider with Tzatziki	4

ELEVEN KITCHEN F19 F20

In House Cured & Smoked Bacon	2
Duck and Pork Dog	5
Lamb Tacos	5
Quinoa Salad	4 GF/V
Milk Chocolate Hazelnut Mousse	3

ULTRA S KITCHEN F21 F22

Banana Bread, Crème Brulee, Zucchini Bread, Cassava Cake	2 GF
Pork Kebab	5 GF
Butter Chicken	3 GF
Spring Roll (Beef)	4 GF
Apple/Mango Turnover	3
Pop/Lemonade	2

PAMPA F23 F24

Spiced Pineapple Juice	2
Garlic Rump Steak Skewer	5
Bacon Wrapped Chicken	5
Roasted Cinnamon Pineapple	4
Rib Sandwich	5

HALO F27

Chocolate Mousse	2 GF
3 Bacon Wrapped Garlic Lime Prawn	5 GF
3 Baby Yorkies	5

EMPANADA QUEEN F28

Chips and Salsa	2 GF
Empanada	3
Chilean Sandwich	4

MADE FOODS F29

Smoked Brisket Slider	4
Tuna Chip	4
Risotto Balls	2
Veggie & hemp seed humm	2

WIN WIN NATURAL DELIGHT F30

Cocanut Noodle Soup	3
Curry Noodle Salad	3
Garlic Noodle Salad	3
Milk Tea	2 GF/V

DAVIDS TEA F31

Ice Tea 8oz	3

TASTE of CALGARY

SIMPLY IRIE F32

	TICKETS
Jerk Chicken and Rice	5
Jamaican Patties	5
Plantain and Banana Chips	3
Cocobread	2

MINI MELTS F33

Cotton Candy Ice Cream	4 GF/V
Banana Split Ice Cream	4 GF/V
Cookie Dough Ice Cream	4 V
Cookies and Cream Ice Cream	4 V

WINGS & TINGS F34

BBQ Jerk Wings	2 GF
BBQ Jerk Drumsticks	4 GF

SHANGRI LA PALACE F35 F36

Malaysian Chicken Skewer	2
Indian Beef/Chicken Sub	3
Malaysian Laksa	4
Samosa	2

MOLCAJETE F37 F38

Tacos - Pastor, Tinga, Chorizo, Beef	3
Guacamole-cilantro and Chips	3
Jarritos (Mexican Pop)	3
Flan	2

INDULGE BY VIRMANI F39

Chocolate Chip Cookie Cream Cup	4
Mango Milkshake	2 V
Butter Chicken and Rice	4 GF

DELICIOUS THAI F40

Green Papaya Salad	2 GF
Chicken Pad Thai	5 GF
Pineapple Curry Beef with Rice	5 GF
Thai Sticky Rice with Mango or Custard	4 GF/V

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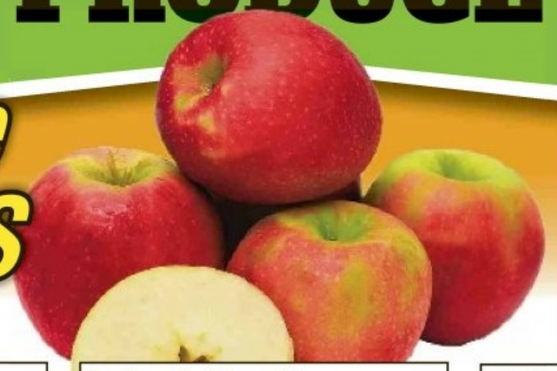

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Cabbage

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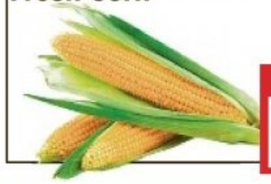
Fresh Long Chilli
BC Grown

$1.99 /lb

Fresh Corn

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$3.99 each

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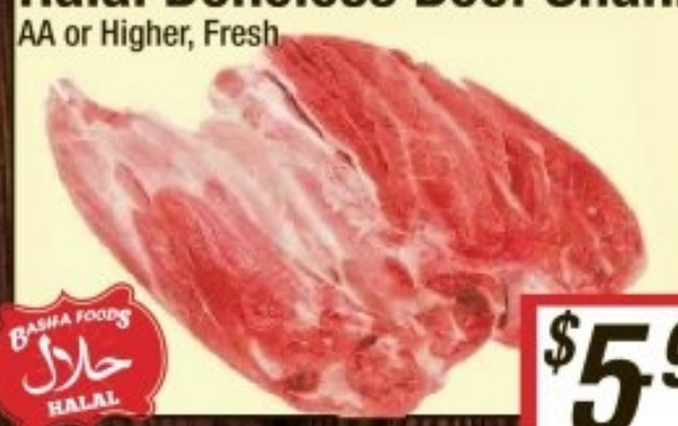

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MAP

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MONDAY-SUNDAY 9:00AM-9:30PM

Menu

MANGO MANIA F41

Panna Cotta with Fresh Mango	2	
Mango Gazpacho Dessert	4	GF
Pork Belly Bao	5	GF
Mango Lemonade	5	
Water	2	GF/V

GRATE AND BARRELL F42

Chix Diggit	3	GF/V
Hogpuncher	4	GF
Tim Williams	4	GF
Tater Tots And Nacho Cheese	3	V

THE CANADIAN BREWHOUSE F43 F44

Steak Bites with Ginger Steak Sauce	5	GF
Mini Sampler Steak Bite	2	GF
Poutine	4	
Add Braised Beef	2	GF
Bacon Wrapped Jalapenos	4	GF
Deep Fried Pickles with Tzatziki Sauce.	4	V
Mini Sampler Deep Fried Pickle	2	V

Food Trucks

ICE QUEEN F11

Ice Pops (Various Flavours)	5	
Fresh Pressed Fruit/Herb/ Lemonade Drinks	5	

PINOY F12

BBQ Pork Skewer & Rice	5	
BBQ Chicken & Rice	5	
Pancit (Noddle Stir fry)	5	
Tofu Dessert	3	
Spring Roll (5)	5	
Pork Adobo	5	

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GRIZZLY PAW L1

	TICKETS
Beavertail Raspberry	3
Grumpy Bear Honey Wheat	3
Evolution	3
The Grizzly Paw Root Beer Soda	2

BALTIC AMBER L2

Camomile Grappa	4
Grappa Muscato	4
Caveja (Red Italian)	3
Spumante (Sparkling White Italy)	3
Organic Vodka Caesar	3

6 CORNERS L3

Triple Summit IPA	4
Trailhead IPA	3
Stump Splitter Amber Ale	2
Post n. Bale Farmhouse Ale	2

RIBSTONE CREEK L4

Ribstone Creek Lager	2
Rangeland Pale Ale	2
Lone Bison IPA	2
Great White Combine White IPA	2
Old Man Winter Porter	2

GRATE & BARRELL L5

Prosecco	3
Sangria	3
Lambrusco	3
Rose	3
Rotating Tap	3

THE CANADIAN BREWHOUSE L6

Sommersby Cider	4	GF
Coors Banquet Beer	3	
Belgian Moon Beer	3	
Rocky Mountain Caesar with Bacon Vodka	4	
Brewhouse Caesar	4	
Ninja Turtle Dangle Cocktail	3	
Jolly Rancher Dangle Cocktail	3	
Peach Bellini	3	

BANDED PEAK L7

Plainsbreaker Hopped Wheat Alse 5.0%	2
Summit Seeker IPA 6.50%	2
Chinook Saison 4.5%	2
Cherry Saison 7.0%	2

TREASURY WINE ESTATES L9

Merlot	2
Cabernet Sauvignon	2
Chardonnay	2

BREWSTERS L10

River City Raspberry Ale	2
52nd Street Peach Ale	2
Original Lager	2
Hammerhead Red Ale	2
Honest Paul IPA	2
Hawaiian Coconut Porter	2

SECRET BARRELL L11

Cuban Thaw	4
Bahama Mama Slush	4
Spice Girl Sour	4
Rum Old Fashioned	4
Secret Barrel White Rum	3

WESTWAY L12

Margaritas or Caesar Ranchero	3
Herencia de Plata Tequila	3
1921 Anejo Tequila	3
Sombrero Tequila 100%	2
1921 Cream of Tequila	2
Almond Tequila Liqueur	3

EAU CLAIRE DESTILERY L13

Three Point Vodka	2
Parlour Gin	2
Prickly Pear EquineOx	2
The Three Point Vodka Mini Cocktail	4
The Parlour Gin Mini Cocktail	4
The Prickly Pear EquineOx Mini Cocktail	4

VILLAGE BREWERY L14

Blonde	2
Blacksmith	2
Wit	2
Maiden	2
Squeeze	2

WILD ROSE L15

Velvet Fog	2
Electric Avenue	2
Wraspberry Ale	2
Cowbell Kettle Sour	2
Pale Ale	2

HIGHWOOD L16

White Owl Whisky Caesar	3	
Spiced White Owl Dr. Pepper	3	
Ginger Lime Crushie	3	
Wild Cinnamon Whisky	2	
Foothills Gluten Free Vodka	3	GF

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Los Marineros de la Rumba
2:00pm - 4:00pm
Maddison Krebs
4:30pm - 6:30pm
The Bitterweed Draw
7:00pm - 9:00pm
Sarah Beth Keeley

11:30am - 12:15pm
Adam Yee
12:15pm - 1:30pm
The Static Shift
2:00pm - 4:00pm
Lucas Chaisson
4:30pm - 6:30pm
Jory Kinjo
7:00pm - 9:00pm
Steve Pineo Band

FRI AUG 12

SAT AUG 13

11:30am - 1:30pm
The Sadlier-Brown Band
2:00pm - 4:00pm
Explosion Band
4:30pm - 6:30pm
Blueprint
7:00pm - 9:00pm
Meta Mofo

11:30am - 1:30pm
Copperhead
2:00pm - 4:00pm
Los Montalbans
4:30pm - 6:30pm
Original Sinners
7:00pm - 9:00pm
The Rondel Roberts Band

SUN AUG 14

REFERENDUM

Thai voters approve new constitution

Thai voters on Sunday overwhelmingly approved a new junta-backed constitution that lays the foundation for a civilian government influenced by the military and controlled by appointed — rather than elected — officials.

Although near-final results showed that more than 60 per cent of voters in a referendum called by the military government approved of the constitution, the vote is likely to be met by some skepticism. The junta — led by Prime Minister Prayuth Chan-ocha, a retired army general who has severely curtailed dissent since coming to power in a 2014 coup — imposed severe restrictions on public discussion of the proposed constitution.

Ahead of the referendum, the junta banned political rallies and open discussion about the constitution, and criticism of the draft was made punishable by 10 years in jail. Critics say the restrictions ensured that most people were unaware of the pitfalls of the charter, and were probably anxious to get the long-drawn process over with so that they could move on.

The "yes" vote "adds that touch of legitimacy to the coup makers," Pavin Chachavalpongpun, an associate professor at the Center for Southeast Asian Studies of Kyoto University in Japan, told The Associated Press.

"It gives them the green light for the next few steps they want to take. They will say the opposition cannot say anything now," said Pavin, who is Thai and is a vocal critic of the junta.

Prayuth's office, however, said in a statement late Sunday that the referendum "was conducted with a high degree of transparency and openness on part of the government."

Despite the curbs on civil liberties, Prayuth's rule has brought a measure of stability and ended the frequent street violence and divisive politics that had frayed Thailand's social fabric for years. That veneer of stability could help explain the "yes" vote for the new constitution.

58%

Only about 58 per cent of Thailand's roughly 50 million registered voters cast ballots in the referendum.

There was also the allure of new elections that Prayuth has promised to hold in 2017, after the approval of the new constitution, although he's said he would call the vote even if the referendum was defeated.

With 94 per cent of the ballots tallied when counting was suspended for the night, 61 per cent of the voters said they approved of the constitution, while 39 per cent rejected it. The official final count is expected to be issued on Wednesday.

THE ASSOCIATED PRESS

A Thai member of the New Democracy cries after the "Yes" victory on Sunday. BORJA SANCHEZ-TRILLO/AFP/GETTY IMAGES

IN BRIEF

Pistorius back to jail after treatment at hospital

Oscar Pistorius was treated for minor wrist injuries at a hospital and has been returned to a South African jail where the Olympian is serving a six-year sentence for murdering girlfriend Reeva Steenkamp, prison officials said Sunday.

The report of injuries to Pistorius, who denied he had attempted suicide, came as athletes compete at the Olympic Games in Rio de Janeiro. Pistorius and his coach said before Steenkamp's 2013 killing that they wanted to retire together at the Rio games.

Pistorius told officials he suffered the injuries after falling out of bed, said Singabakho Nxumalo, a correctional services department spokesman.

THE ASSOCIATED PRESS

STORMS MACEDONIA DECLARES EMERGENCY AFTER DEADLY FLOODING

A man walks through a flooded street in the village of Stajkovci, near Macedonia's capital of Skopje, on Sunday following overnight torrential rains and fierce storms. The storms left at least 21 people dead, six missing and dozens injured, authorities said. The freak weather included winds blowing at more than 70 kilometres an hour and resulted in flash floods and landslides, with cars swept away by the violent torrents. Macedonia's government declared a state of emergency in parts of the capital as police and army helicopters searched for the missing and evacuated hundreds from the flood zone. ROBERT ATANASOVSKI/AFP/GETTY IMAGES

Daesh claims machete attack on police officers

BELGIUM

Assailant shot and killed by third officer

Daesh on Sunday claimed responsibility for a weekend machete attack that wounded two policewomen in the Belgian city of Charleroi, calling it an act of reprisal carried out by one of its "soldiers."

Belgian prosecutors identified the machete-wielding assailant as a 33-year-old Algerian known to police for criminal offences, but not for extremist acts.

Belgian media reported that he was in the country illegally, despite two separate orders being issued for him to leave. The government didn't immediately confirm the reports.

The attack on Saturday afternoon is being treated as a terrorist incident, notably because the man shouted "Allahu akbar!" — Arabic for "God is great" — as he slashed at the officers outside Charleroi's main police station, Prime Minister Charles Michel said.

The assailant, shot by a third officer, died later in a hospital. A statement by the Daesh-affiliated Aamaq News Agency, posted Sunday on an Daesh-linked Twitter account, said the attack on the policewomen was in response to the "Crusader coalition's" military campaign against Daesh and its self-declared caliphate in Iraq and Syria.

Belgium, a longtime U.S. ally, is a member of the American-led coalition combating Daesh, and has supplied warplanes to participate in anti-Daesh operations.

The Belgian Federal Prosecutor's Office said the attacker, who it identified only as K.B., had lived in Belgium since 2012.

"Since there are indications that the attack may have been inspired by a terrorist motive, the federal prosecutor's office decided to take over the investigation from the district prosecutor's office of Charleroi," the federal office said in a statement.

The office said two police searches were carried out overnight in the southern Belgian city, but that no further information about the investigation would be made public.

Broadcast media including state-owned RTBF said K.B. was in Belgium illegally despite receiving two separate orders from government authorities to leave. Michel didn't directly confirm the reports. But he told RTL television that more must be done to combat illegal immigration, saying it was difficult to persuade Algeria to accept the return of its nationals.

Both policewomen were "severely injured in the face and neck" in the attack, the federal prosecutors' statement said. RTL said both were placed in an artificial coma to allow surgeons to operate on them. Michel said the prosecutors were treating the attack on the officers as a case of "attempted terrorist murder."

Michel said the prosecutors were treating the attack on the officers as a case of "attempted terrorist murder."

The prime minister spoke to reporters following an emergency meeting with top Belgian law enforcement officials Sunday morning. Michel cut short his vacation in the south of France following the Charleroi attack, which had some police unions clamouring for greater protection for police officers and installations.

THE ASSOCIATED PRESS

Belgian Prime Minister Charles Michel, left, and Charleroi Mayor Paul Magnette arrive at the hospital where one of the injured policewomen is staying. NICOLAS MAETERLINCK/AFP/GETTY IMAGES

> **We must avoid panic, of course — not give in to terror. That's the trap that has been set for us.**
> Belgian Prime Minister Charles Michel

HIGH ALERT

Belgium has been on high alert since the March 22 suicide bombings claimed by Daesh extremists that killed 32 people in Brussels.

- Many of the perpetrators of the Nov. 13 carnage in Paris that killed 130 people were also residents of Belgium.
- That attack was also claimed by Daesh.

Turkish powers preach unity

TURKEY

Officials vow to identify and remove threats

Turkey will continue fighting whatever powers seek to undermine the government, President Recep Tayyip Erdogan vowed Sunday as he addressed a massive flag-waving rally in Istanbul in the wake of the country's abortive July 15 coup.

The Yenikapi meeting area by the Marmara Sea waterfront in Istanbul's European side was transformed into a sea of red and white, the colours of Turkey's flag. No official crowd figure was provided, but Turkish media said millions attended. The event was so full that large crowds were turned away at the gates, spilling into surrounding streets.

"As a state and as a nation we need to analyze the July 15 coup attempt very well. We need to evaluate well not just those who engaged in this treachery, but the powers behind them, the motives that made them take action," Erdogan told the cheering crowd.

He spoke from a stage framed by two platforms and draped with massive national flags and banners depicting Erdogan and founding father Mustafa Kemal Ataturk.

The rally was billed as a cross-party event representing Turkish unity in the wake of the failed coup, in which a group of renegade military officers attempted to seize power with tanks, helicopters and fighter jets, leaving more than 270 people dead.

Religious leaders and two of Turkey's three opposition parties attended. The pro-Kurdish People's Democracy Party, or HDP, wasn't invited.

"July 15 has opened the door for our reconciliation," said main opposition Republican People's Party Chairman Kemal Kilicdaroglu.

The government launched a sweeping crackdown in the coup's aftermath, targeting followers of U.S.-based Muslim cleric Fethullah Gulen, who it says orchestrated the pusch. Gulen denies involvement.

Erdogan reiterated he would approve the reintroduction of capital punishment.

THE ASSOCIATED PRESS

A massive crowd gathered in Istanbul on Sunday for a giant rally to mark the end of nightly demonstrations. THE ASSOCIATED PRESS

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PHILIPPINES

President's drugs crackdown bloody, with many dead, jailed

Philippine President Rodrigo Duterte publicly linked more than 150 judges, mayors, lawmakers, police and military personnel to illegal drugs Sunday, ordering them to surrender for investigation as he ratcheted up his bloody war against what he calls a "pandemic."

Duterte promptly relieved members of the military and police he named from their current posts and ordered government security personnel to be withdrawn from politicians he identified in a nationally televised speech. He also ordered gun licences of those named revoked.

"All military and police who are attached to these people, I'm giving you 24 hours to report to your mother unit or I will whack you. I'll dismiss you from the service," Duterte said in the speech at a military camp in southern Davao city.

He said that the list of politicians, judges and law enforcers given to him by the military and police might or might not be true, but that he had a duty to disclose to the public how the drug problem had become so pervasive.

The list of names, which Duterte said included some friends, has been validated by authorities but did not contain details of the officials' alleged involvement to the drug trade or offer any evidence.

President Duterte linked more than 150 officials, police and military personnel to illegal drugs Sunday. THE ASSOCIATED PRESS

> **Report to your mother unit or I will whack you.**
> President Rodrigo Duterte to military and police

They included eight judges, one of whom was reported to have been killed by a gunman in 2008, as well as five retired and current generals. The rest were mostly town mayors and police officers. One retired general, Vicente Loot, has been previously named in public by Duterte and has denied any wrongdoing.

Duterte's latest salvo ups the ante in his war on drugs, which has already left more than 400 suspected dealers and pushers dead and more than 4,400 arrested in more than a month since he took office. Nearly 600,000 people have surrendered to authorities, hoping to avoid getting killed.

The crackdown has been one of the biggest and bloodiest in the Philippines' recent history and has alarmed human rights groups and the dominant Roman Catholic Church.

THE ASSOCIATED PRESS

In this Sept. 1, 2014, photo, Willow Short, four months old, centre, along with her parents Megan and Mark and sister Liana, 6, and brother Mark, 3, pose for a photo in Sinking Spring, Pa. Willow Short had a heart transplant at six days old.
SUSAN L. ANGSTADT/READING EAGLE VIA THE ASSOCIATED PRESS

Transplant recipient among dead

TRAGEDY

Entire family killed in an apparent murder-suicide

A couple featured in news stories about their difficulties getting medication for a daughter who had a heart transplant were found shot to death in their home along with their three children in apparent murder-suicide, authorities said.

District Attorney John Adams said a handwritten note that "appeared to be a 'murder-suicide' note" was found in the family's Sinking Spring home Saturday afternoon. Police said they found all five dead of gunshot wounds and a handgun near one of the adults, but they didn't say which one or say who they believe was the shooter.

"This is an apparent tragic domestic incident," Adams said Sunday. "Our thoughts and prayers go out to the families at this difficult time."

Police went to the home to check on the welfare of the family after receiving a call from a relative concerned that the woman had not shown up for a lunch date. Mark Short Sr., 40; Megan Short, 33; and their children — 8-year-old Lianna, 5-year-old Mark Jr., and 2-year-old Willow — were found dead in the living room, Adams said. A dog also was found dead.

When only days old, Willow had a heart transplant for a congenital defect. Her family was featured in articles in The Reading Eagle in 2014 and in The New York Times last year about her condition and the Shorts' difficulties obtaining anti-rejection medication for her. THE ASSOCIATED PRESS

IN BRIEF

THC-laced candies sicken festival-goers

Twenty-eight-year-old Mathew Lee Gross, of Ypsilanti, has been arrested and charged with felony drug trafficking after more than two dozen concertgoers became ill after ingesting THC-laced candies.

A spokeswoman for the OhioHealth hospital in Mansfield said 24 attendees of the EST 2016 festival at Ohio Dreams sports camp in Butler were treated.
THE ASSOCIATED PRESS

State representative's son killed on water slide

Ten-year-old Caleb Thomas Schwab, son of Kansas state Rep. Scott Schwab, died Sunday on a water slide that is billed as the world's largest, according to officials and the boy's family.

Schlitterbahn Water Park spokeswoman Winter Prosapio said the child died on one of the park's main attractions, Verruckt, a 168-foot-tall water slide. The slide's name means "insane" in German. THE ASSOCIATED PRESS

Skydivers killed at birthday celebration

The mother of an 18-year-old man who was one of two skydivers who died plummeting into a northern California vineyard said her son was jumping for the first time.

Francine Salazar told a newspaper Sunday that she accompanied her son Tyler Turner to the Lodi Parachute Center as he and several of his friends celebrated a birthday.

"Before he got on the plane, he knelt down and prayed, made his peace with God, and then turned around and gave me a great big, huge hug," Salazar told the Merced Sun-Star. "He said, 'I love you, Mom,' and then he got on the plane."

She said she never saw her son come down with his instructor because she couldn't tell where they were and didn't know the colour of their parachute.

The parachute did not open, and the two hit the ground, authorities said.

San Joaquin County sheriff's officials have not identified the instructor killed Saturday. Bill Dause, owner of the Parachute Center, said he was a veteran who had about 700 previous jumps.

> **Before he got on the plane, he knelt down and prayed.**
> Francine Salazar

Salazar said she paid to have her son's jump videotaped. However, Federal Aviation Administration investigators took the tape and equipment used in the jump to determine what happened.

Salazar said she was concerned before the jump because an instructor told her son and his friends they didn't need to finish watching the safety video shown beforehand. Dause told the Sun-Star he believed the group watched the entire video because it plays repeatedly at the centre.

"But it wouldn't have made any difference (if they didn't). It was an unfortunate accident."
THE ASSOCIATED PRESS

Pipeline hearings begin

ENERGY EAST

3-member panel to decide fate of controversial $15.7B project

The National Energy Board is set to begin public hearings Monday into the Energy East Pipeline in New Brunswick, a province where the prospect of oil and gas development has led to fierce, and sometimes violent, protest in the past.

A three-member panel tasked with deciding the fate of the controversial $15.7-billion development will start the hearings in Saint John, where the oil that would be shipped through the proposed 4,500-kilometre project would be refined.

In all, 337 intervenors are scheduled to give their take on a pipeline that has already widened a chasm between some who believe the project is vital for the country's economic growth and others who oppose it on environmental grounds.

Stephen Thomas, energy campaign co-ordinator at the Ecology Action Centre, will be travelling from Halifax to make a 20-minute presentation on the first day of the hearings.

He said he plans to raise concerns about the impact an oil spill would have in the turbulent waters of the Bay of Fundy. So far, he isn't persuaded by TransCanada's mitigation plans.

"They would have to work a lot harder than they are now to convince us that they could respond in an effective way, that's for sure," said Thomas.

He said he wants to highlight that the pipeline, which would carry 1.1 million barrels of crude per day from the Alberta oilsands to the East Coast, would increase greenhouse gas emissions. But that issue will be assessed in a separate review process run by the federal government.

Roger Hunka, director of intergovernmental affairs at the Maritime Aboriginal Peoples Council, has submitted 16 detailed questions ahead of his presentation scheduled for Tuesday.

He said the council is not opposed to development if it's well-planned and well-communicated. But TransCanada hasn't done a good job doing that, he said.

"TransCanada ... from my experience, has had a very disdained approach to citizens," said Hunka.

He said his main concern is the impact a spill would have on the environment and how that would affect hunting and fishing grounds.

TransCanada spokesman Mark Cooper said the company is committed to informing the public about all aspects of the project.

"Communication, transparency, accountability, and openness with local communities is fundamental to building confidence and acceptance of our projects," said Cooper.

THE CANADIAN PRESS

Members of Stop Energy East Halifax head to a protest in Halifax in January 2015. **National Energy Board hearings on the pipeline are set to begin in New Brunswick.** ANDREW VAUGHAN/THE CANADIAN PRESS

> **When it comes to the public, they don't really care.**
> Roger Hunka on TransCanada

FINANCE

Panama panel loses expert

Nobel economics laureate Joseph Stiglitz has quit a committee set up by Panama's government to study the country's financial system following the leak of a trove of data about offshore accounts set up by a Panamanian law firm.

Panama's foreign ministry said Saturday that Stiglitz resigned over "internal differences" that it did not explain. Swiss law professor Mark Pieth also resigned.

The committee of experts was set up in April following the international uproar over the leak of the so-called "Panama Papers" revealed details on offshore accounts that helped foreigners shelter their wealth.

The panel is supposed to give recommendations on making it more difficult for people to use Panama's financial services sector for illegal activities.

Four experts continue to work on the committee.

THE ASSOCIATED PRESS

OFFICE SPACE

Storied former Bell Labs site seeks to inspire new inventors

The two-million-square-foot building where Bell Labs scientists helped launch modern cellular networks before it became one of the country's largest vacant office buildings is drawing companies with the lure of working at a complex surrounded by technological history.

A water tower in the shape of a transistor, which the company's scientists created in 1947 as part of their continuing mission to improve and expand communications, stands over the Bell Works complex in Holmdel, near the site where the Big Bang theory of the universe was proven.

With that history, the developer who acquired the building in 2013 after it sat vacant for seven years is hoping to lure tech entrepreneurs and others to the glass and steel structure originally designed by Eero Saarinen, who also designed St. Louis' Gateway Arch.

Somerset Development President Ralph Zucker envisions the office space as a "metroburb" anchored by tech companies that are joined by retail, entertainment, health care and nearby homes.

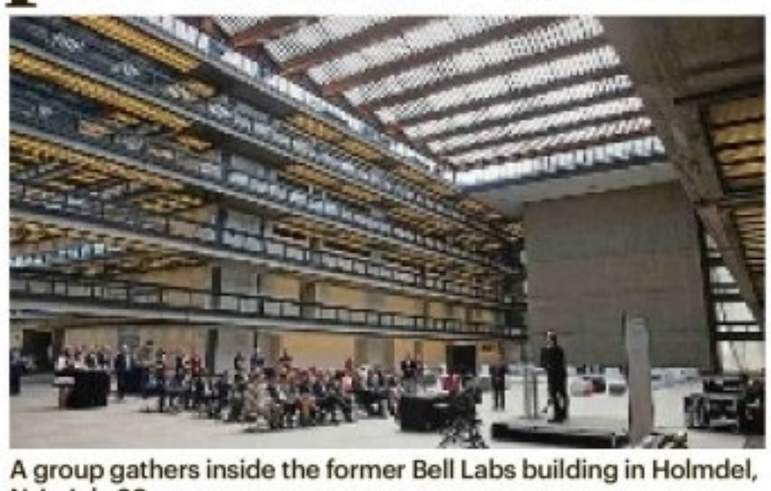
"It's an attractive building with an incredible history that was a cradle of many innovations," said Zucker.

Aside from the allure of being surrounded by history, the state's Economic Development Authority also offered millions in tax credits to companies considering moving to the complex.

Mayor Eric Hinds said the redevelopment will build on the work of the past, which itself transformed Holmdel from "a farm town into a corporate destination." THE ASSOCIATED PRESS

+ TENANTS

- Bell Works is about 60 per cent full after last month's lease signing by human resources software provider iCIMS as the anchor tenant. iCIMS received a 10-year, $38-million tax credit.
- Other tenants include the software company WorkWave and data storage startup Symbolic IO.



A group gathers inside the former Bell Labs building in Holmdel, N.J., July 20. DOUG HOOD/THE ASBURY PARK PRESS VIA THE ASSOCIATED PRESS

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*Inclusion criteria: Crohn's disease patients aged >18, Maintenance of remission using AZA + Anti-TNF, MTX + anti-TNF OR Anti-TNF alone, Mucosal healing documented by colonoscopy (within 1 year) or willingness to undergo colonoscopy to assess eligibility.

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Your essential daily news
Monday, August 8, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I have a dear friend who invites me to her cottage every year. I hate going. I've started making up excuses, but now it seems too obvious. Is there a polite way to decline?

Dear Ellen,

I have a dear friend who invites me to her cottage every year. The trouble is, I hate going. I don't like cottages. Or swimming. Or her other friends. Or her yappy, smelly, badly trained dogs who constantly jump up on people. A couple of years ago, I started making excuses at the last minute not to go, but now it seems too obvious. Is there a polite way to decline cottage invites without hurting a host's feelings?

— City Gal

Dear City Gal,

I think this one might depend on the friend, and how invested she is in her identity as a cottage owner. Some people (like me) wouldn't care one bit if a friend declined the invite and bluntly admitted: "Sorry, I'm not a cottage person, but thanks anyway!" The truth is, it's a lot of trouble to entertain guests at a cottage, and it's often hard for cottage owners to fit everyone in over a short Canadian summer. So she might appreciate being off the hook with a guest who doesn't want to come at all.

If you want to soften the blow, you can always send along a wee gift as a token of appreciation for the invite — a bottle of something nice for her and her friends to share in your absence, or a beeswax candle for the dinner table.

If she's bound to take huge offence, you have two choices: Let her be offended and cut you out of her life forever. Or go to the damn cottage and suck it up to save the friendship.

Easy peasy. And with our remaining space, let's go over some cottage rules for those who do end up there.

Guests should always offer to bring food, and take direction from the host as to what's needed or desired. Make sure to bring beer, wine or some fancy booze if everyone's a drinker.

Take your cue from the host when it comes to matters such as talking or not talking in the morning, or where to put toilet paper if there are septic tanks or outhouses involved. Pitch in with cooking, dishes, getting out swimming and boating toys and equipment, and putting them all away again. No matter how much you might hate cards, board games, euchre or charades, you are obliged to enthusiastically join in.

Hosts, meanwhile, should make sure linens are clean or, at the very least, don't reek of mildew and your last 20 guests. And get rid of old pillows — you know the ones I mean: those rock-hard, 10-kilo repositories of dead skin cells and dust mites.

Alternatively, there is no shame in asking guests to bring their own sheets and pillows.

If guests want to pitch in with tasks around the property, let them. But don't ask anyone to spend the weekend hauling lumber, painting the boathouse, or fixing the dock.

And, sorry to be such a downer, but not everyone has the survival skills you've developed over years of cottage dwelling. You owe it to guests to make sure you have working fire extinguishers, enough life vests for everyone on the water, and emergency numbers posted in plain sight.

As for yappy, smelly, badly trained dogs who jump up on people, that's a whole other problem, which I'd love to address in another column — though I warn any owners of these intolerable irritants, you won't like it.

It's often hard for cottage owners to fit everyone in over a short Canadian summer. So she might appreciate being off the hook with a guest who doesn't want to come at all.

ELLEN'S RULES

Dos and don'ts of being a cottage guest

Always bring food (and booze, if it's a drinking crowd) to share.

Take your cue from the host about the toilet paper/septic tank/outhouse situation if it's unclear.

Participate enthusiastically in activities like swimming, boating and board games.

Pitch in with dishes, clean-up and chores.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

9 to 5, Part 2: Working women's rights are front and centre once again

The realities and plights of working women have entered the U.S. election with a somewhat surprising intensity.

Hillary Clinton's campaign was always going to spur debate over women's capacity to wield power, their innate suitability and the public appetite to see them succeed.

But it's also landed in the middle of an economic call to arms, a renaissance of working women's rights, a realization 9 to 5 remains a relevant protest film as well as a satisfying serving of Dolly Parton, Jane Fonda and Lily Tomlin.

Beginning with Anne-Marie Slaughter's Why Women Still Can't Have It All in the Atlantic magazine, and followed by Sheryl Sandberg's controversial Lean In, we're living in an upswing of outrage over the lack of women in executive jobs, the ongoing pay gap that sees women of colour earning the absolute least, the burden of caregiving on women and the galling lack of maternity leave in the U.S.

Then, crashing through the election's front window, Gretchen Carlson's lawsuit against Fox chairman Roger Ailes forced high-level resignations (Ailes, among others), bringing sexual harassment front and centre once again.

Never one to bow out of a controversy, Donald Trump suggested harassed women should just change jobs; he'd already said pregnancies are bad for business. His running mate, Mike Pence, argued in a 1997 newspaper letter that working women "stunted" kids' emotional growth.

But it was Ivanka Trump who proved just how pivotal working women are to this election when she shocked onlookers at the Republican National Convention with the unconvincing, Hail-Mary claim her father would fight for equal pay — a Clinton campaign cornerstone.

Amidst all this blustering, ordinary women are just trying to navigate the status quo of a working world created to benefit men.

That led New York Times journalist Jessica Bennett to write the forthcoming Feminist Fight Club, a how-to "survival manual for a sexist workplace." It's the kind of book I don't want to like, both from a natural aversion to advice and because cheeky manuals are generally useless.

This book, happily, is not. In particular, I fell for the dissection of the many uses of "I'm sorry." It contains the kind of advice that generally comes with a cocktail: Worth hearing, if not always taking.

Individual women can't contort themselves just so to escape systemic forces of the patriarchy in the economy. That will require a more than the current culture storm. It's anyone's guess how long a 1980s feminist satire will still have something to say about working women's rights.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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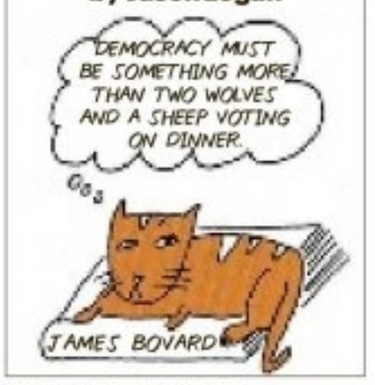

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metro LIFE

Your essential daily

Monday, August 8, 2016

$135M

Movie audiences shrug off scathing reviews: Suicide Squad set an opening record for August with $135.1M

The Your Morning team, from left, Kelsey McEwen (weather anchor), Ben Mulroney and Anne-Marie Mediwake (hosts), Lindsey Deluce (news anchor) and Melissa Grelo (late morning anchor).
THE CANADIAN PRESS/CONTRIBUTED

What's at stake for Your Morning

INTERVIEW

CTV looks for more analysis, less news in flagship show

Ben Mulroney and Anne-Marie Mediwake are talking animatedly in a small office at CTV's headquarters in Toronto. The banter is non-stop and effortless, a preview of things to come for their new flagship morning show, launching Aug. 22 to replace the venerable Canada AM.

Mulroney: "I do all the Harry Potter voices for my kids. Here's one. (Deep voice) 'You're a wizard Harry.'"

Mediwake with a puzzled look: "Who's that?"

Mulroney: "It's Hagrid. I didn't say I was good at impressions."

Mulroney so far is doing a pretty good Canadian take on American Idol host Ryan Seacrest, who seems to be everywhere in the entertainment landscape south of the border. As well as hosting Your Morning, Mulroney will continue to work for entertainment show eTalk.

"Look, he's got like seven jobs; I only have two. It's scheduling," says Mulroney in his first sit-down interview, along with Mediwake, since the show was announced.

A lot is riding on the success of Your Morning. Fans didn't appreciate that Canada AM, which would have celebrated 44 years this September, was yanked unceremoniously from the schedule two months ago with a mere 24 hours notice.

There is also concern that the new incarnation will be less about the news and more about entertainment, leaving Canadians with fewer in-depth stories about their own backyard.

> **"I'm the daughter of a 1970s Pierre Trudeau immigrant and he's the son of a former prime minister. It doesn't get more Canadian than that.**
> Anne-Marie Mediwake on working with Ben Mulroney

The jury is still out. But certainly few people have been as groomed for the morning show job as Mulroney, son of former prime minister Brian Mulroney. The younger Mulroney has already guest-hosted Canada AM, as well as bigger things south of the border, including ABC's Live! With Kelly.

Mediwake, meanwhile, has a solid hard news background. Her last role was the supper-hour anchor for Toronto's CBC newscast with co-host Dwight Drummond, and earlier in her career she worked as a reporter for Canada AM and CTV National News.

"I'm the daughter of a 1970s Pierre Trudeau immigrant and he's the son of a former prime minister. It doesn't get more Canadian than that," says Mediwake.

"We want this to be a platform for the biggest newsmakers in Canada. When they have a story to tell, this is where we want them to come," says Mulroney.

The casting of Mulroney and Mediwake as co-hosts for the new show came about through a confluence of factors. But they joke that reality show renovation star Bryan Baeumler was the one responsible for inadvertently testing their chemistry together. "Bryan has a farm and he invited Ben's family and my family out, and we basically chased chickens with the Baeumler kids. It was a great day," says Mediwake.

"But Ben and I both discovered we had a lot in common. He's got twins, I've got triplets and we got along great. When you're doing three hours of live television with someone, you've really got to trust that person."

The traditional way of telling the news has been replaced by social media and conventional broadcasters have to approach storytelling differently, she says.

"People already know what the sports score is or that Michelle Obama had a great speech last night," says Mediwake.

"It's actually an opportunity to go deeper. Wouldn't it be great to talk to Obama's speech writer to see how those words were crafted?"

Mulroney and Mediwake will be joined by CP24's Melissa Grelo and Lindsey Deluce as late morning anchor and news anchor, and Kelsey McEwen as weather anchor. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Oliver plays his Trump card

THE SHOW: Last Week Tonight with John Oliver, Season 3, episode 19 (HBO)
THE MOMENT: The bed of nails

Near the end of a segment about the just-concluded U.S. political conferences, host John Oliver addresses the camera: "Donald Trump has said countless awful things throughout this campaign, any of which would disqualify any other candidate. He hasn't said one crazy thing; he's said thousands of crazy things, each of which blunts the effects of the others. It's the bed of nails principle. If you step on one nail, it hurts you. If you step on a thousand nails, no single one stands out and you're fine."

Oliver, um, hits the nail on the head here. Remember when pundits proclaimed that Trump bottomed out when he belittled John McCain's military service? That was a year ago to the day he insulted the Kahn family. He is Teflon.

We have a long campaign ahead. We must figure out another way to discuss Trump. Because he's like Rob Ford: The more we report exactly what he says, the more his supporters complain the media picks on him.

We should take the advice Seth Meyers offered to Hillary Clinton on his talk show Wednesday night: Stay out of it. "Trump is digging his own grave," Meyers said. "Leave it to the republicans to comment. Because right now, those guys have to be feeling like Dr. Frankenstein. 'Oh, he did what? Threw a little girl down a well? No, no, we still endorse him.'"

There is no bottom to Trump's idiocy. Let's stop hoping for one, and instead, turn our focus on those who still support him.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

John Oliver hits the nail on the head in his assessment of Donald Trump. On Trump's penchant for saying absurd things: "It's the bed of nails principle. If you step on one nail, it hurts you. If you step on a thousand nails, no single one stands out and you're fine. CONTRIBUTED

How to teach kids about sophisticated marketing magic

One marketing technique to teach kids about is the "Famous People Ads" — the message is if an athlete, movie star or musician uses the product, shouldn't you? ISTOCK

FAMILY FINANCES

Kids don't make money, but they tell us how to spend it

Gail Vaz-Oxlade
For Metro Canada

From footwear to hair care, big business is making its pitch to little consumers and scoring billions of dollars.

Kids may not make the money, but they sure have a say in how we spend it. Marketers know. And that's why their focus has moved from the traditional toys, candy and cereal to computers, clothing and cars.

Worried that commercials are having an undue influence on your children? Time to start talking to your wee ones about how the "promise" and the "reality" differ.

When your child says he wants the latest action figure, ask him if he thinks said figure will move by of its own accord. When you take her to the store to buy something, take it out of the packaging (another buy-me ploy) and ask if it lives up to her expectations.

Kids can't differentiate between what's real and what's marketing magic. You actually have to teach your kids that advertising exists to sell products, that special effects can exaggerate a product's operation, and that the ads don't always include all the information.

The next time you watch TV with your son or daughter, take time to point out the difference between the programs and the advertisements. Talk with your child about the different types of commercials on TV, radio, online and in print. Help your kids label the ads so they become less susceptible to marketers' influence. (Hey, you might make a discovery or two yourself!)

Wannabe Ads: Beautiful people having scads of fun doing things we would all love to be able to do: rafting, skiing, skateboarding, dancing. Buy the product and you'll be part of a group of fun-loving, popular achievers.

When you take her to the store to buy something, take it out of the packaging and ask if it lives up to her expectations.

Famous People Ads: Athletes, movie stars, musicians, famous business people, even politicians appear in ads. The message is if someone famous uses the product, shouldn't you?

Cozy Ads: These ads depict warm, comfy pictures, usually in an intimate setting. A grandpa and grandson chatting on the telephone or best friends sharing secrets over a tub of ice cream. These ads want you to relate their products to love and contentment.

Facts Ads: Four out of five doctors, six out of seven dentists and nine out of ten mechanics all say this is the best product available. Could all those experts be wrong?

The Great Offer Ads: These offer you a not-to-be-believed, too-good-to-pass-up opportunity to get more for less — buy two get one free, buy one and the next is half-price.

Once you and your kidlet have labelled the ads, make a game of finding four or five examples of each type of ad. Ask your child:

Is the product better because a famous person says it is?

Will you be happier, safer, warmer, cozier, if you buy that product?

Is the deal being offered really a good deal? (Time to do the math.)

Given the constant barrage of messages to buy, buy, buy, it's not surprising that children are consummate consumers. Isn't it time to start making your kids smarter about how they spend their, and your, money?

For more money advice, visit Gail's website at gailvazoxlade.com

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RELATIONSHIPS

Divorced parents, stay flexible for kids

Brandie Weikle
Torstar News Service

For Jessica Terry, who is divorced from the father of her first three children, custody arrangements change as the kids grow up.

"My oldest, who is almost 13, is getting to an age where she doesn't want to go to her dad's every weekend because she wants to be with her friends," the Mississauga mom says. "There's been a lot of compromising on both sides."

And that's exactly the co-operative spirit that Dr. Robert Emery, a psychologist and internationally recognized expert on the subject, wants to see divorced parents bring to raising their kids after a relationship ends. His newest book Two Homes, One Childhood: A Parenting Plan to Last a Lifetime, out in August, implores parents to adapt their parenting plans to their kids' shifting needs.

"Parents who arrive at an agreement in traditional ways — through lawyers, through courts — once you finally get to a schedule, people can just be locked into it because they don't want to go through it all again," says Emery, a professor and researcher at the University of Virginia who also does divorce mediation. But if you arrive at it in a more flexible and fluid way, through mediation or at your kitchen table, you're more likely to achieve a schedule that will adapt over time, he says.

And that's important because children have far different needs in infancy than they do in toddlerhood, their early school years and into adolescence.

It can be particularly challenging to figure out how to parent between two houses when one child is still a baby, for example, especially since a breastfeeding relationship likely tethers the child to one parent.

"But if from the outset you think that your parenting plan is going to grow and change with your 6-month-old, that takes a lot of pressure off."

While her kids were well past the baby and toddler years at the time she separated from her former husband, Kimberley Healey-Fernandez, a Toronto mom of three, couldn't stand the idea of being locked into a set schedule.

"In our separation papers, we left the parenting plan fairly vague so we could shift and flow with the needs of the kids," says Healey-Fernandez.

Though their agreement sets out that the kids are with her approximately 60 per cent of the time, she and her ex keep it loose. "If the kids have events or schoolwork that are super important, they can choose to stay with me. It was important to both of us not to have a strict and rigid arrangement," she says. "I didn't want a piece of paper dictating when I could and couldn't see my children." TORSTAR NEWS SERVICE

Jessica Terry says there has been a lot of compromising with her ex to keep the schedules of their three children flexible.
TORSTAR NEWS SERVICE

Nia Vardalos on her life with a big Greek family

SLUGLINE

Star reflects on her fondest memories and mistakes

Nia Vardalos with her daughter, Ilaria. CONTRIBUTED

In case you didn't know, family is a big deal to Nia Vardalos.

The Canadian actor and star of My Big Fat Greek Wedding 2 — out now on Blu-ray and DVD — comes from her own Greek family. She's also married to American actor Ian Gomez, her husband of over two decades, and mom to Ilaria, 11. (Vardalos and Gomez adopted their daughter in 2008, and Vardalos later wrote a book, Instant Mom, chronicling the adoption experience and her journey into motherhood.)

"My movie family, and my real family, were really very, very close during that entire process and we celebrated it together," Vardalos says of her experience making the original My Big Fat Greek Wedding, the 2002 rom-com box-office smash. "When the movie hit, that crazy success that came our way, I wasn't alone in revelling in it. It was all of us dancing a Greek jig."

She spent four years writing the script for the sequel, and got the idea for the plot line — which includes the addition of her character Toula's daughter with onscreen hubby Ian Miller, played by John Corbett — on Ilaria's first day of kindergarten.

These days, Vardalos has several projects on the go, including a recurring role on ABC's new Shonda Rhimes-produced drama The Catch. Vardalos and her immediate family live in L.A. but spend a lot of time in her hometown, Winnipeg.

My family in one word: Close

My family's soundtrack: Any Greek composer playing very fast, loud music.

One piece of advice: I try very hard not to give advice to other parents. When I became a new parent, a lot of unsolicited advice came my way. "You should" is my least favourite phrase. But here's advice my mother gave me: During carpools, don't be part of the conversation — just listen and you'll know everything that's going on in your daughter's life.

Parenting mistake I laugh about now: I cut my daughter's bangs while she was taking a nap, and her head was at an angle. When she woke up and looked at me, they were crooked! She looked like a punk rock singer.

Fondest memory: Before I was a parent, my fondest memory was my entire family flying into Los Angeles for the premier of My Big Fat Greek Wedding. I sat at the back and saw them all laughing, like a wave through the theatre.
TORSTAR NEWS SERVICE

YOU CAN DO THIS SHIPPING & RECEIVING CLERK

Beauty in chaos

WHY I LIKE MY JOB

Jaime Rose, 28, Supervisor of Shipping and Receiving in Ontario

I remember quite vividly the first time I walked into a warehouse. There was so much chaos — so much going on at once — but the atmosphere was fascinating! I took the job without a second thought and ended up falling in love with the industry. Within three years, I stepped into the people management arena and now I'm on the path to becoming a supply chain manager.

If you break the job down to bare basics: You have a box and it needs to be packed, processed and delivered to the customer in as little time as possible. My specific responsibility is discovering and implementing innovative ways to improve the shipping and receiving process. There are so many physical aspects as well; it's the perfect marriage between working and working out (you basically get paid to work out!)

As a supervisor, I need to lead with empathy at the core. I commit myself to practising what I preach, and when my team is struggling I'm ready to roll up my sleeves and jump into the trenches with them. It's definitely more of a relaxed and social culture, and I love being able to inspire diverse teams to grow and shine in such an important industry.

THE BASICS: Shipping & Receiving Clerk

$33,765

Median starting salary for an entry-level professional. Supervisors and managers can expect to make upwards of **$52,000** annually.

+5%

Projected job growth rate over the next 8 years.

Data for this feature was provided by payscale.com, jobbank.gc.ca, servicecanada.gc.ca and onetonline.org.

HOW TO START

Most occupations require a high school diploma or continuing education courses in warehousing and logistics; however, employers typically provide on-the-job training. Specific areas of training include material handling procedures, health and safety and forklift driving. A bachelor of arts in supply chain management may also prove beneficial to individuals seeking career advancement in logistics, procurement and manufacturing. Additionally, most provinces offer professional development training in conjunction with the Supply Chain Management Association (SCMA).

WHERE YOU CAN GO

Job opportunities are expected to rise steadily over the next few years given the bright outlook in the wholesale and retail trade, matched with the demand for computer-trained workers to assist with setting up warehouse processing functions. Canada is also seeing a growing trend in the number of immigrants/new arrivals obtaining full time employment in shipping and receiving.

NEXT CAREER STEP

Opportunities primarily exist in any environment involving the movement of goods, equipment and stock to and from an organization. With a few years of experience, trained workers can move on to rewarding supervisory work as a warehouse manager, logistics manager or procurement manager.

STUDY ROUNDUP — THE LATEST IN RESEARCH

Tinder generation is having less sex than parents did

Casual sex and "hookup culture" among Tinder-swiping millennials has been the source of much conversation — and consternation. A study from the Archives of Sexual Behaviour in August suggests concerns may be misplaced. Researchers analyzed U.S. General Social Survey data from 1989-2014 to find out whether those born between 1980-1994 and 1995-2012 had more sexual partners as adults compared to older generations. Other data has suggested teenage sexual activity in those cohorts was lower than previous years. Researchers found millennials born in the 1990s were more than twice as likely to be sexually inactive as young adults than those born in the 1960s and 41 per cent more likely than millennials born just a few years earlier in the 1980s. Researchers suggested living with parents longer, preferring non-penetrative sexual behaviour and sexual education may contribute to the change.

Richer neighbourhoods attract more creepy crawlers

While conventional wisdom might suggest homes in lower-income neighbourhoods might harbour more arthropods — generally, creatures with exoskeletons such as flies, ants, spiders, centipedes, and millipedes — a new study published in the Royal Society's journal Biology Letters found the opposite was true. They hand-counted all living and dead arthropods in 50 homes in Raleigh, N.C. and found higher-income neighbourhoods had a greater diversity.

Women like personal invites — even for a Pap test

Women who receive an invitation in the mail are more likely to get their Pap test, according to a study associated with the Ontario Cervical Screening Program published in the journal Preventive Medicine. The study looked at the impact of followup reminders sent out in 2014 by Cancer Care Ontario to women between 30 and 69 years old. Women who received the invitations were around 1.7 times more likely to undergo a Pap test compared to women who were eligible but didn't receive an invitation. TORSTAR NEWS SERVICE

metro RIO

A day after breaking his left leg while vaulting, French gymnast Samir Ait Said said he hopes to return for the Tokyo games in 2020

Penny Oleksiak of Toronto on her way to winning silver in the women's 100-metre butterfly. IAN MACNICOL/GETTY IMAGES

It's a silver lining for teenager Oleksiak

SWIMMING

Beats her junior record to win second medal

Penny Oleksiak spent her first day of competition at the Rio Games lowering her own world junior record in the 100-metre butterfly heats and anchoring Canada's freestyle relay team to a bronze medal.

Now she can add a silver medal to her impressive Olympic debut.

The 16-year-old from Toronto finished second in Sunday's 100-metre butterfly final, again beating her world junior mark by clocking a Canadian-record time of 56.46 seconds.

It took a world-record performance to beat Oleksiak, as Sweden's Sarah Sjostrom won in 55.48 seconds. American Dana Vollmer, who won gold in the event four years ago in London, took bronze in 56.63.

> **I don't think people know what's coming.**
> Penny Oleksiak

Oleksiak, who is quickly becoming Canada's face of the Rio Games, was in third place after the first 50 metres, but came on strong out of the turn to give Canada its second medal in Rio.

"The first few seconds after I touched the wall I didn't look back. I was just trying to catch my breath," she said. "I wasn't even sure I'd even medalled until I looked up and saw the Canadian flags in the air around me.

"Getting to see that and getting to see that you medalled is just an amazing feeling."

THE CANADIAN PRESS

VOLLEYBALL

Canada stuns U.S. in return to Games

Canada's men's volleyball team may have lulled the competition into a false sense of confidence.

The Canadians defeated the United States 3-0 in the men's volleyball opener for both teams Sunday at the Rio Games. This is the Canadian team's first Olympic appearance since the 1992 Barcelona Games.

The 12th-ranked Canadians converted their first match point for a 25-23, 25-17, 25-23 upset win over the No. 5 Americans.

"You never expect a victory quite like that," said Canadian opposite spiker Gavin Schmitt. "But we know that we can play very well and if we focused on our own game, really took it to them and played aggressive then we had a good chance of beating them."

Canada will continue preliminary-round play Tuesday against top-ranked Brazil.

THE CANADIAN PRESS

Canada's John Gordon Perrin spikes the ball during a qualifying match against the United States on Sunday. PEDRO UGARTE/AFP/GETTY IMAGES

DIVING

Abel and Ware land just shy of podium

Canadian divers Jennifer Abel and Pamela Ware opened the Rio Olympics with a gut-wrenching result in the women's three-metre synchronized event.

The duo finished fourth, less than one point behind bronze medallists Maddison Keeney and Anabelle Smith of Australia.

Chinese pair Shi Tingmao and Wu Minxia won the gold with a score of 345.60 while Italians Tania Cagnotto and Frencesca Dallape were second with 313.83 and the Aussies scored 299.19. Abel and Ware finished with 298.32.

THE CANADIAN PRESS

DAY 2 HIGHLIGHTS

Williams sisters stunned by Czech duo

The whipping gusts that disrupted athletes and spectators alike were just a prelude to the winds of change that roared through Rio de Janeiro on Sunday night: Serena and Venus Williams lost an Olympic doubles match for the first time.

Day 2 of the Rio Games proved quite the breeze for some athletes and much too windy for others. The gusts ripped apart a large decorative panel on the swimming venue.

Then, the tempest: the Williams sisters were stunned in the opening round by the Czech Republic's Lucie Safarova and Barbora Strycova 6-3, 6-4 after entering Sunday's match with a 15-0 mark in the Olympics.

They had won the gold medal in women's doubles every time they entered the event: in 2000, 2008 and 2012. The American duo was seeded No. 1 in Rio and coming off a 14th Grand Slam championship together at Wimbledon a month ago.

RIO Golden first

Majlinda Kelmendi won Kosovo's first Olympic medal, taking gold in judo (women's 52 kilograms). Kosovo was not recognized by the IOC until 2014.

China won yet another medal in air rifle on a day nasty winds sent the clay targets in the trap event bobbing and bouncing through the air, forced delays on the tennis courts and whipped up treacherous waves in the Rodrigo de Freitas Lagoon.

Sunday's rowing regatta was called off after a two-hour delay when the choppy seas didn't let up. Race officials said winds gusting up to 55 km/h pushed buoys into the lanes and capsized two boats during morning practice.

THE ASSOCIATED PRESS

IN BRIEF

Canadian judoka falls in bronze-medal match

Canadian judoka Antoine Bouchard lost to Japan's Masashi Ebinuma in the 66-kilogram bronze-medal match at the Rio Olympics.

The 21-year-old Jonquiere, Que., native started his day with three straight wins, including a stunning victory in the round of 32 over Russia's Mikhail Puliaev, a silver medallist at the 2014 and 2015 world championships. THE CANADIAN PRESS

Canucks advance to semis in women's rugby

Bianca Farella and Ghislaine Landry scored late tries to lead Canada past France 15-5 in the quarter-finals of the women's rugby sevens Olympic tournament.

Canada will face Australia, the tournament's No. 1 seed, on Monday in the semifinal.

THE CANADIAN PRESS

Ghislaine Landry
GETTY IMAGES

metro SPORTS

Zlatan Ibrahimovic scored an 83rd-minute winner as Manchester United beat Leicester 2-1 to capture the Community Shield

Furyk's historic Route 58

GOLF

Veteran motors to a new magic number with round for ages

Jim Furyk has a place in PGA Tour history all to himself with a new magic number in golf.

Three years after Furyk became the sixth player on tour with a 59, he took it even lower Sunday in the Travelers Championship with a 58.

The 46-year-old American bounced in an eagle from 135 yards on his third hole, ran off seven straight birdies around the turn and picked up his final birdie on the 16th hole with a putt from just inside 24 feet. He rolled in a short par putt on the final hole at TPC River Highlands, thrust his arms in the air and waved his cap to salute thousands of fans who had rushed to the amphitheatre around the 18th green to catch a stunning slice of history.

"There's a lot of rounds by a lot of great players ahead of me that have never reached 58, so to hold that record alone right now, on the PGA Tour at least ... is phenomenal," Furyk said. "To have a little, small place in history is something you dream of."

And it could have been even lower. Furyk reached 11 under on the par-70 course with his seventh straight birdie at No. 12. He missed a 12-foot birdie attempt on the 14th hole, and after nearly driving the par-4 15th, his 8-foot birdie putt lipped out.

Jim Furyk of the United States celebrates after shooting a record-setting 58 during the final round of the Travelers Championship in Connecticut on Sunday. STEVEN RYAN/GETTY IMAGES

It might be one of the best rounds hardly anyone saw.

Furyk, who started the final round 16 shots out of the lead, had less than a dozen fans watching when he teed off at 8:41 a.m. He finished his round before Golf Channel coverage began.

The news travelled far.

"Amazing, eh?" Justin Rose said from the practice range at the Olympic Golf Course in Rio de Janeiro. "Amazing that he did it without birdieing the 13th (par 5) and 15th. Pretty cool."

> **To have a little place in history is something you dream of.**
> Jim Furyk

It might not have happened if Furyk had not gone this road before. He shot a 59 at Conway Farms in the second round of the 2013 BMW Championship with a bogey on his card.

"I guess had I never shot 59 before, I probably would have been thinking 59, the barrier," he said. "But the fact that I did it three years ago, you know, in the back of my mind I've got 11-under through 12; I've got six holes to play. If I play them under par, I'm going to break another barrier."

Ryo Ishikawa shot a 58 in The Crowns on the Japan Golf Tour in 2010. Shigeki Maruyama shot a 58 in U.S. Open sectional qualifying in 2000. And just last week, Stephan Jaeger posted a 58 on the Web.com Tour in the Ellie Mae Classic at the TPC Stonebrae.

Furyk is the only player with sub-60 rounds twice. And it would appear that both times, he had to settle for history, not a trophy. He finished third at the 2013 BMW Championship, and he was still four shots behind 54-hole leader Daniel Berger at the Travelers before Berger even teed off. THE ASSOCIATED PRESS

KNOX IS TOPS

Scotsman holds his nerve

Russell Knox saved par with a 12-foot putt on the final hole to beat hometown favourite Jerry Kelly by a stroke Sunday in the Travelers Championship.

Knox closed with a 2-under 68 for a 14-under 266 total at TPC River Highlands. The 31-year-old Scot won for the second time on the tour, following his breakthrough victory in China in November in the WGC-HSBC Champions.

THE ASSOCIATED PRESS

RIO 2016

Russia's blanket Para ban

After escaping a blanket ban from the Olympics, Russia was kicked out of the upcoming Paralympics on Sunday as the ultimate punishment for the state running a doping operation that polluted sports by prioritizing "medals over morals."

Paralympic leaders expelled one of its most significant members as the IOC announced that 278 Russians have been given clearance to compete at the Olympics after their eligibility in Rio de Janeiro was left to individual sports.

Russia's years of doping deception, including tampering with samples at the 2014 Olympics and Paralympics in Sochi, were outlined last month by World Anti-Doping Agency investigator Richard McLaren.

"The facts really do hurt," IPC President Philip Craven said. "They are an unprecedented attack on every clean athlete who competes in sport. The anti-doping system in Russia is broken, corrupted and entirely compromised."

In contrast to IOC President Thomas Bach, who opposed the "nuclear option" of banning Russia ahead of Friday's Olympic opening ceremony, Craven directly condemned the Russian state's involvement in doping but stopped short of blaming Russian President Vladimir Putin.

THE ASSOCIATED PRESS

NFL HALL OF FAME

Favre did it all in the name of the father

Brett Favre's love of football never wavered. Not even in the toughest hours of a 20-year career that led him to induction into the Pro Football Hall of Fame this weekend.

Just before Christmas 2003, Favre's father, Irv, passed away. The Packers were scheduled for a Monday night visit to Oakland. Despite reported uncertainty if Favre would play, his appearance against the Raiders never really was in doubt.

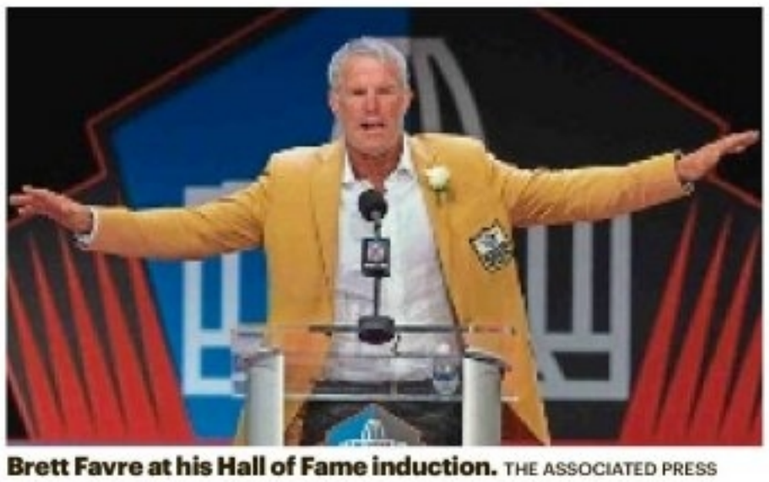
And that victory in Oakland was about more than winning one for dad. For Favre, it was about redemption.

"My dad was my high school football coach. He was the head football coach, and he coached me and my two brothers," Favre said during his emotion-packed induction speech Saturday night. "But I never had a car growing up. I always rode to and from school with my father in his truck, so he was always the last to leave the building because he had to turn the lights off, lock up, and then we made our way home.

> **186**
> **Brett Favre's career win total is the joint-highest in NFL regular-season history, tied with Peyton Manning.**

"So it was the last high school football game of my high school career, and although I don't remember how I had played before, and I don't remember how I played in the last game, what I do remember is sitting outside the coach's office, say, on a Wednesday, waiting for my father to come out so we could leave. It was dark. And I overheard my father talking to the three other coaches — and I assume I didn't play as well the previous week only because of what he said — and he said: 'I can assure you one thing about my son, he will play better. He will redeem himself. I know my son. He has it in him.'

"I thought to myself, that's a pretty good compliment, you know? My chest kind of swelled up."



Brett Favre at his Hall of Fame induction. THE ASSOCIATED PRESS

Favre halted his speech to compose himself as the fans in a stadium packed with Cheeseheads cheered encouragingly.

"I spent the rest of my career trying to redeem myself and make him proud, and I hope I succeeded," Favre added to a deafening reception.

THE ASSOCIATED PRESS

MLB

Big bats make little noise as Jays beaten

The Toronto Blue Jays bats went silent over the weekend.

Jose Bautista, Josh Donaldson and Edwin Encarnacion did not have an extra-base hit or drive in a run in the three-game series at Kansas City.

Yordano Ventura pitched effectively into the seventh inning Sunday, and Kendrys Morales hit a grand slam as the Royals beat the Toronto Blue Jays 7-1.

SUNDAY In Kansas City

7	1
ROYALS	BLUE JAYS

"Today was a little frustrating," Blue Jays manager John Gibbons said. "It's always tough to play here. They're world champs. They're that for a reason and they held us in check. We really haven't been swinging that good since the beginning of the last homestand. We've been in kind of a rut, so we're due to explode."

They fired duds against Ventura. Ventura (7-9), who was 0-5 in seven starts since a June 17 victory over Detroit, limited the Blue Jays to one run and five singles in 6 2/3 innings, walking four and striking out four.

"It's hard to be hot for 162," losing pitcher Marcus Stroman said. "Our guys are some of the best hitters in the league, and we're aware of that, and the drought's not going to last. It's just one of those spurts, and I'm sure they'll break out."

Stroman (8-5) allowed three runs and seven hits in five innings. Gibbons called it "a solid outing".

"He pitched good enough to win, and they made him work," Gibson said. "They beat us at their game, really. They threw out some hits, and the safety squeeze, things like that. Three runs in five innings, you'll take that. What'd we score, one? There you go."

THE ASSOCIATED PRESS

IN BRIEF

Ichiro joins exclusive club

Ichiro Suzuki joined the 3,000 hit club in Colorado on Sunday, becoming the 30th Major League player to reach the milestone.

The Marlins outfielder did it Sunday with a triple in the seventh inning at Coors Field. Miami players came out of the dugout to congratulate Suzuki, and he acknowledged the cheers. THE ASSOCIATED PRESS

Machado's triple treat

Manny Machado became the second player in major league history to homer in the first, second and third innings, driving in a career-high seven runs in a 10-2 rout of James Shields and the White Sox on Sunday.

The only other player to do that was Carl Reynolds of the White Sox on July 2, 1930, at the Yankees.

THE ASSOCIATED PRESS

A-Rod finds himself at finish line ... early

MLB

Yankees move to edge slugger off bench, into the front office

Ready or not, Alex Rodriguez will play his final game in pinstripes this week.

One of the most prolific hitters and polarizing figures in baseball history, the slumping slugger plans to take his final at-bat with the New York Yankees this week and then become a special adviser and instructor with the team next year. A-Rod and the club made the announcement before Sunday's game against Cleveland.

"This is a tough day. I love this game and I love this team," he said, often choking up. "And today I'm saying goodbye to both."

The 41-year-old Rodriguez, who sat out the 2014 season while serving a performance-enhancing-drug suspension, will play against Tampa Bay at Yankee Stadium on Friday night and then be released. New York will pay him the remainder of the approximately $27 million he's owed as part of his $275 million, 10-year contract.

Relegated to little more than a spare part lately, the three-time AL MVP acknowledged "the last four weeks have not been fun."

Alex Rodriguez will play his last New York Yankees game this Friday. JIM MCISAAC/GETTY IMAGES

> **It's been very painful and embarrassing.**
> Alex Rodriguez

"It's been very painful and embarrassing to sit on the bench. It's been awkward," Rodriguez explained.

But he made it clear he still thinks he could contribute on the field.

"Of course, I think I can play baseball. You always think you have one more hit in you, or help the team win one more game, for sure," said Rodriguez, who is four home runs shy of 700. "That wasn't in the cards. That was the Yankees' decision, and I'm at peace with it."

A news release issued by the club indicated Rodriguez will be released after "his final major league game" to sign a contract that gives him a job working with minor leaguers throughout the Yankees' farm system. That deal runs through Dec. 31, 2017.

A-Rod said he'll go home to Miami following Friday's game and he thought his new duties would begin during spring training. He thanked the Steinbrenner family for the opportunity to stay in baseball. THE ASSOCIATED PRESS

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NASCAR

Hamlin flawless in Watkins Glen win

Denny Hamlin wasn't about to get shoved aside again.

Hamlin prevailed in a four-lap dash to the checkered flag Sunday to win the wreck-filled Sprint Cup race at newly paved Watkins Glen International.

It's the first road course win of Hamlin's Cup career and atoned for his stunning loss on the road course at Sonoma in June, when he was beaten by Tony Stewart with a bang on the last turn.

"It's very hard to win these races," Hamlin said. "I only made one mistake at Sonoma, and I didn't win."

Hamlin was flawless at The Glen and was able to conserve enough fuel at the end, thanks to eight cautions for 20 laps. The race also had two red-flag stoppages for 30 minutes.

Denny Hamlin GETTY IMAGES

"We executed perfectly. Didn't make any mistakes on pit road," Hamlin said. "Hoping for those caution laps that we needed. That allowed us to make it on fuel."

Joey Logano finished second, followed by Penske teammate Brad Keselowski, AJ Allmendinger and Tony Stewart. THE ASSOCIATED PRESS

RECIPE Orecchietti with Sundried Tomatoes and Peas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The perfect cradle for rich flavours like butter and cheese, orecchietti is a nice alternative to penne and, in this dish, makes best friends with salty sundried tomatoes and sweet peas.

Ready in
Prep time: 15 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 500 g orecchietti pasta
- 1 1/2 cups garden peas
- 1/4 cup dried sundried tomatoes, diced
- 1/4 cup olive oil
- 1 tsp butter
- 1 clove garlic, grated
- 1/2 cup grated Asiago cheese
- squeeze of lemon juice

Directions

1. Bring a large pot of salted water to boil and cook pasta according to package directions. In the last minute of cooking time, add peas and sundried tomatoes; cook for 1 minute. Reserve 1/4 cup of the pasta water and drain.

2. Return pasta to pot over low heat. Stir in the reserved pasta water, oil and butter. Grate the garlic into the pasta and then mix. Add the cheese and a squeeze of lemon juice and serve with a salad and fresh bread.

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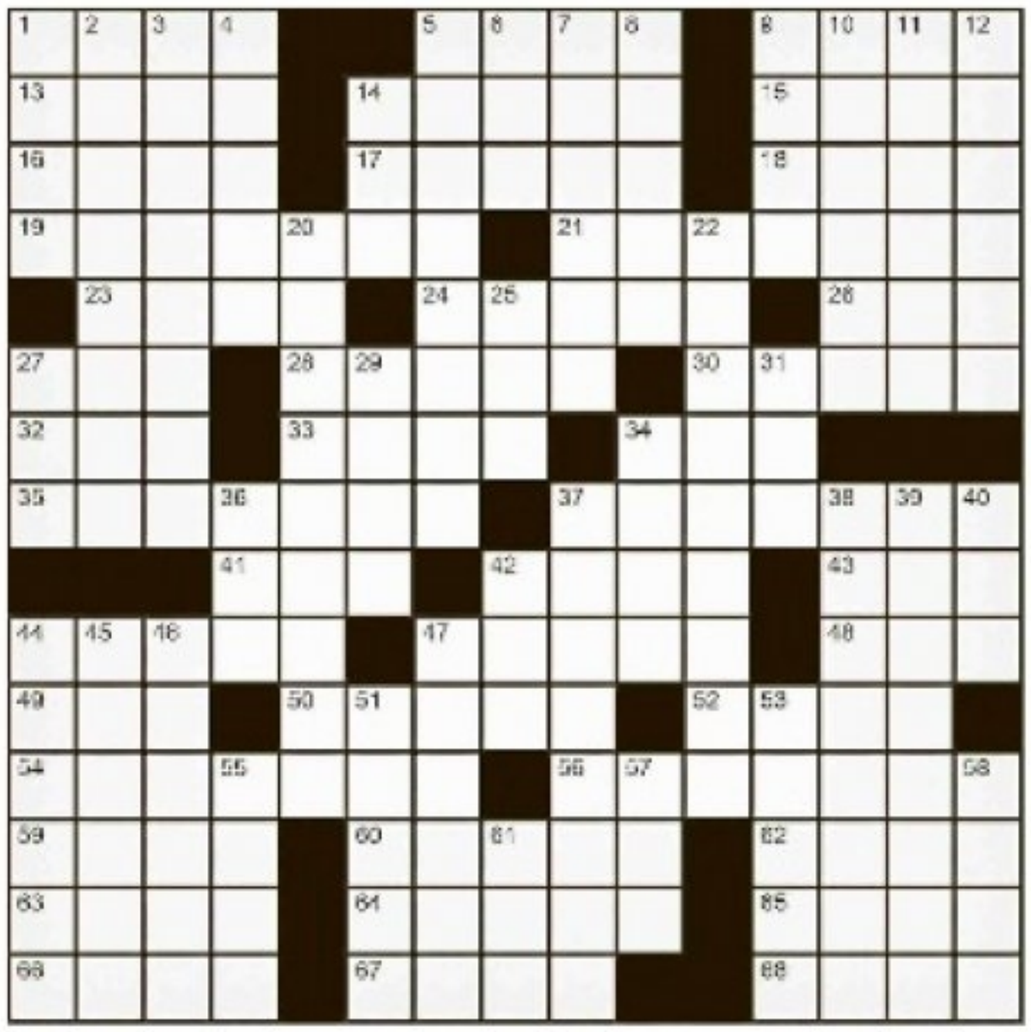
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Go! _ Canada! Go!
5. Watch pockets
9. Cartoonist Al
13. Memory unit
14. Petrol quantity
15. Botanical angle
16. Glassmaking oven
17. Mr. Shaw
18. _ butter
19. Music-listening purchases
21. RIO 2016: Olympic sport
23. Cameo stone
24. Trunk
26. 'Hect' ending
27. Agnus _ (Lamb of God)
28. Fashion brand, Perry _
30. Hollywood's Winona
32. _ _ landslide
33. Authentic
34. Pre-A.D. time alternative
35. Camera part: 2 wds.
37. RIO 2016: Schedule
41. Trendy
42. 154 in ancient Rome
43. Green
44. Zeniths
47. RIO 2016: Country for which the IOC code is GHA
48. Belonging to Washington's li'l locale
49. Old French coin
50. Kwik-_-_ ("The Simpsons" store)
52. God, in Gaspe
54. RIO 2016: Trains, weightlifter-style: 2 wds.
56. RIO 2016: Fragrant gifts to medal winners
59. Napoleon's exile isle
60. "I also want that!": 2 wds.
62. "I _ _ my wit's end!"
63. Particular phone
64. New Zealand language
65. Exec's assistant
66. Overbrim
67. Apple part
68. Chemical group sort

DOWN
1. Suppertime surfaces, shortly
2. See _ _ _ (Concur)
3. RIO 2016: Spectator at the first modern Olympics in 1896
4. Happy
5. RIO 2016: Swim race's beginning part: 2 wds.
6. Canadian cap.
7. Particular pipes
8. Soothsayers
9. Money
10. Logger's tool part, States-style: 2 wds.
11. RIO 2016: Father of the modern Olympics, Baron _ de Coubertin (b.1863 - d.1937)
12. RIO 2016: Soccer _
14. RIO 2016: Olympic country, _ People's Democratic Republic
20. RIO 2016: Keeps fit
22. RIO 2016: #38-Down sits atop what mountain's peak?
25. Pantry product
27. Twofold [abbr.]
29. RIO 2016: Gymnastics move
31. Edmonton Intl. Airport code
34. Sergey _ (Google co-founder)
36. Not he
37. RIO 2016: Diving event, Men's Synchronized 10m _
38. RIO 2016: Giant statue overlooking Rio, Christ the _
39. RIO 2016: Important element in the Olympic sport of Shooting
40. August, et al.
42. Cath. or Prot.
44. Element
45. Plum _, Manitoba
46. Mutter
47. Amazingly observe: 2 wds.
51. Some brand name champagnes
53. "_ _ _ Teenage Werewolf" (1957)
55. RIO 2016: Beach tree
57. Quebec 'law'
58. "_'D" (MTV show, once)
61. RIO 2016: Running shoe part

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to pay bills and take care of banking. It's also a good day to discuss budgets and material resources with co-workers, because people are co-operative today.

Taurus April 21 - May 21
Because today's Moon is opposite your sign, you have to go more than halfway when dealing with others. This won't be difficult, because people are in a good mood. It's a good day to socialize.

Gemini May 22 - June 21
It will please you to make an effort to get better organized today. You also will be pleased if you do something to promote your health. You want to turn over a new leaf.

Cancer June 22 - July 23
Tap into your creative vibes and enjoy artistic activities today. Movies, the arts, sports events, playful activities with children and socializing with others are top choices for you.

Leo July 24 - Aug. 23
Family discussions are warm and friendly today. This is a good day to explore real-estate opportunities. Enjoy cocooning at home.

Virgo Aug. 24 - Sept. 23
Your communication skills are excellent today. This is a blessing for those of you who sell, market, teach, write or act. Enjoy talking to siblings and relatives.

Libra Sept. 24 - Oct. 23
This is a good day for business and commerce. Trust your intuition. If shopping, you will like buying artistic objects, jewelry and clothes.

Scorpio Oct. 24 - Nov. 22
You might feel more emotional than usual today. This is why time spent with friends and members of groups is especially important. Younger, creative people are in your world today.

Sagittarius Nov. 23 - Dec. 21
You might work behind the scenes to promote something for others. In particular, you will make something more attractive or more appealing to the public.

Capricorn Dec. 22 - Jan. 20
Someone from a different background from yours, perhaps another culture or a different country, has something to offer you today. Perhaps this will lead to future travel plans.

Aquarius Jan. 21 - Feb. 19
People notice you today, and this is a good thing. Ask for help from someone, or ask to borrow something if you need it; you will likely get it.

Pisces
Feb. 20 - March 20
Grab every opportunity to do something different today, because you want to expand your horizons and explore something new. Travel if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4	8			5			7	1
2			1					6
				3				
	2							
3		5				9		8
							4	
				1				
8					9			4
7	5			2			8	3

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Your daily crossword and Sudoku answers from the play page.

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6	3	4	1	7	5	2	8	9
5	8	9	4	3	2	6	7	1
9	7	2	3	6	4	1	5	8
4	6	3	8	5	1	9	2	7
8	1	5	7	2	9	3	6	4
3	5	8	2	1	7	4	9	6
7	4	6	5	9	3	8	1	2
2	9	1	6	4	8	7	3	5

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